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EATING
WELL IN
DUBLIN

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THE
TRUTH
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CARNIVAL IN TRINIDAD

SUN, SPICE, AND
STEEL DRUMS

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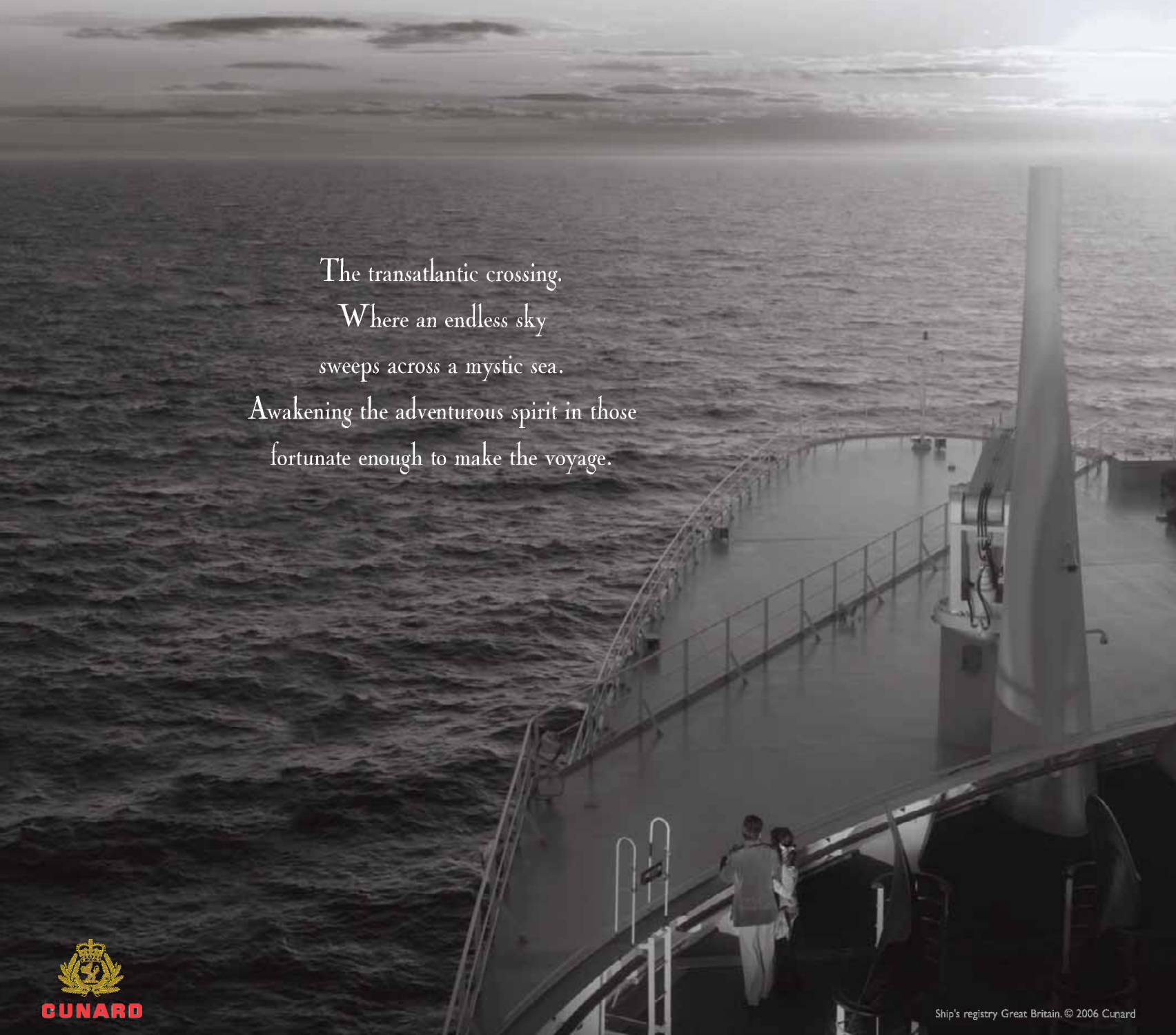
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SAVEUR

special issue

I R E L A N D FROM FARM TO FORK

BY COLMAN ANDREWS

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With its wealth of raw materials, its burgeoning artisanal food scene, and its innovative chefs, Ireland is fast growing into a food lovers' paradise.

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Calypso, Sequins, and Spice

During Carnival every year, the people of Trinidad dance in the streets to the rhythm of calypso and steel drums. It's the wildest party in the Caribbean. And in the heat of the moment, delicious local specialties like pelau, roti, and curried pork satisfy the revelers' pre-Lenten appetites.

BY LUCRETIA BINGHAM



COVER

Doris Grant's brown bread (foreground) and a simple "pint-glass bread" invented by Peter Ward, both excellent with sweet Irish butter.

PHOTOGRAPH BY
CHRISTOPHER HIRSHEIMER

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*didn't know she
had a tattoo*

*didn't know she'd hog
both sides of the bed*

*didn't know she'd
become CEO*

*didn't know
she'd have twins*

*somehow, always
knew she was the one*



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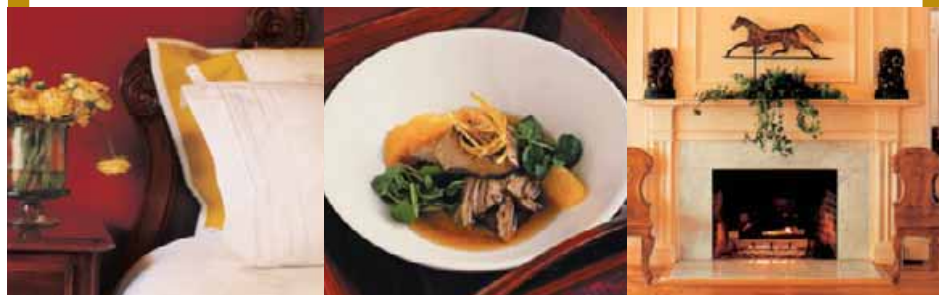


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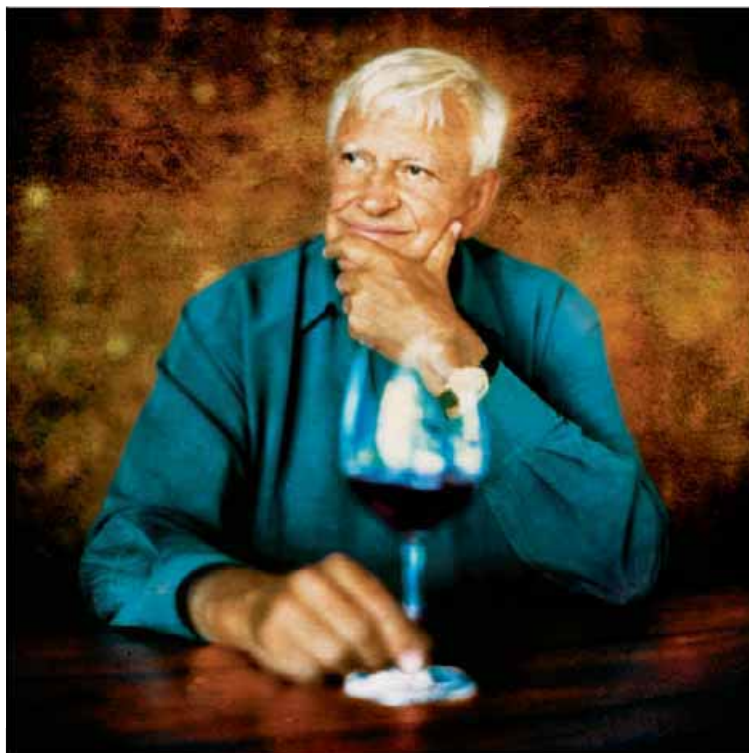
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Jess Jackson — Adobe House, Alexander Valley



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First, a bit about terroir. The French developed this concept centuries ago — the location, soil and climate of a given vineyard site directly affect the flavor and characteristics of the wine produced from that vineyard. Armed with this knowledge, I found that the grapes grown on California's cool coastal mountains, ridges, hillsides

and benchlands produced the richest and most intense flavors with unique character.

Low-yield farming on high elevation terrain takes a tremendous commitment in terms of time and cost. But anything else would require compromise. And my stubbornness will never allow it.

I understand that many of you enjoy the taste of my wines, but you're not sure why. Hopefully, I can help with the facts. So you can enjoy **A Taste of the Truth.**

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FIRST

Of Course I'm Irish— Isn't Everyone?

There's a lot of green in our good red American blood

I WAS HAVING LUNCH with a tableful of Irish senators and representatives in the Members Private Dining Room at the Oireachtas, the Irish parliament, when one of them looked at me and said, “With a name like Colman, you must have Irish blood in you.”

Well, duh... I'm an American, so of course I have Irish blood. It has been estimated that as much as 12 percent of this nation's population can trace its lineage, however tenuously, back to the Emerald Isle. That means Irish Irish, of course, and also what are known as Scots-Irish, which is where I come in. The Scots-Irish, to oversimplify grandly, are descended from the Scots Protestants who were moved by James I and that lot into Ireland's northern counties to help assure that troublesome

or Chilean. It goes beyond ethnic pride. We identify with Eire; we like the whole idea of its friendly, loquacious citizenry, its clean green landscapes, its writers (you could mention just Shaw, Joyce, and Yeats, or you could go on forever), its music (from the Chieftains to

U2 by way of Van Morrison and, oh, all right, Sinéad O'Connor), its elegant whiskeys and hearty ales, its food... Okay, maybe not its food, exactly, but that might very well change in the not too distant future, which is the point of the special section on Ireland that forms the heart of this issue (see page 34).

About my own Irishness, by the way: Colman (spelled without an *e*) is indeed a popular Irish name. There were even Irish saints, a bunch of them, with that moni-



Andrews at his eponym's cathedral in Cobh.

ker, one of whom lent it to the beautiful cathedral in Cobh, in County Cork. My mother's claims to the contrary, though, I wasn't named for anybody sainted. Mom's maiden name was Bressette (she was French-Canadian), and when she became a Hollywood ingenue in the 1940s—nonspeaking window dressing in films like *A Day at the Races* and *A Tale of Two Cities*—she was told to take a stage name. She borrowed one from the star of the latter movie, Ronald Colman, becoming Irene Colman, and eventually passed the name along to me.

Irish or Scots-Irish roots run deep in America. (At least 11 of our presidents can claim the latter.) Even folks with names like Martínez or Chan sometimes find Irish ancestors perched high in their family tree; the Irish got around. And if we have a speck of green in our good red American blood, we tend to brag about it—especially around St. Patrick's Day (our only secular holiday honoring a holy man, you'll note)—in a way that we tend not to brag about being, say, Belgian

—COLMAN ANDREWS, *Editor-in-Chief*

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FARE

Delights and Remembrances from the World of Food, plus One Good Bottle, Agenda, and More

AGENDA

MARCH

3-5

APPLE & GRAPE HARVEST FESTIVAL

Stanthorpe, Australia

This year marks the ruby (40th) anniversary of a biennial gathering in the high-altitude town of Stanthorpe. The first day of the festival is dedicated to the apple, complete with apple-peeling and pie-making contests. Grapes are featured on Saturday, when Aussie celebrities kick off their shoes and join the Grape Crush—not a dip in soda but a raucous communal grape stomp. Information: 61/7/4681 4111.

MARCH

5

GREAT LONG LUNCH

Napier, New Zealand

Once a year, the citizens of Napier, in the Hawke's Bay region of New Zealand, erect an 800-foot-long table on the grounds of the oceanfront Marine Parade so that 700 diners can enjoy one of New Zealand's largest sit-down meals. Lunch consists of dishes that showcase regional ingredients. Last year's menu included venison pastrami and a citrus and olive oil cake. But there's no dropping in; for a seat you have to buy a ticket. Information: 64/6/834 3916.



Move Over, Cheesecake

*A Southern baker has made red velvet cake
Brooklyn's favorite three-layer treat*

ON A RAINY THURSDAY evening in the Fort Greene section of Brooklyn, 15 people are lined up outside the Cake Man Raven Confectionery for take-away slices of red velvet cake. "It's been that kind of day," one customer jokes. "It's either cake or booze." Luckily, she gets at least one of the things she needs: a moist, ruby-colored hunk, layered with cream cheese frosting and coated with crushed pecans.

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Behind the counter, Raven Patrick De'Sean Dennis III—a.k.a. the Cake Man Raven—is quietly instructing a new employee on the finer points of packing orders to go. "The people want cake at nine A.M., as soon as the doors open," says Dennis, 37, who's dressed in baggy pants, Timberland boots, and a baseball cap. "They don't want no muffin." Demand is so high for the red velvet that he's had to limit customers to four pieces each. His menu lists an assortment of desserts—including coconut pineapple cake and pecan pie—but the best seller, by far, is red velvet cake.

Dennis learned to bake from his grandmother Evelyn, as a child growing up in Lynchburg, South Carolina. He made his first sale—two coconut pies to his school's secretary—at the age of 13. Even



Raven Patrick De'Sean Dennis III, owner of Cake Man Raven, in Fort Greene, Brooklyn, above; above left, Dennis's famous red velvet cake.

MARCH

11

KONA BREWERS FESTIVAL*Kailua-Kona, Hawaii*

On the shore of Kailua Bay, on the Big Island of Hawaii, beer lovers gather to try more than 60 brews, including samples from many of Hawaii's brewpubs and microbreweries. Chefs serve food from beachside stands, using the beverages for inspiration. Past entrées have included golden ale steamed clams and porter-marinated grilled pork loin. The suds-soaked event winds down with a performance by fire dancers. Information: 808/331-3033.

MARCH

16-18

IN VINO

Belgrade, Serbia

At this festival, visitors can taste wines made from international and indigenous Balkan grape varieties alike. Samples from about 200 Serbian and Montenegrin vintners will be available for imbibing, as will wines from neighboring Hungary, Bulgaria, and Croatia and from as far away as Australia and Spain. Workshops will illuminate local customs, like the traditional consumption of bermet, a Serbian wine infused with herbs and spices and served with chocolate. Information: 381/11/455 986.

MARCH

17-19

CATFISH FESTIVAL*Washington, Louisiana*

During the annual Catfish Festival in Washington, a small town in central Louisiana, catfish from nearby ponds, rivers, and freshwater bayous are stewed and sautéed for



various Creole and Cajun specialties like courtbouillon—a fish stew made with a spicy red gravy. While nibbling on fried catfish, visitors may also view a Civil War reenactment and the crowning of a catfish queen. Information: 337/826-7336.

though he aspired to enter the family business—"I was supposed to be a mortician," he says—Dennis continued to bake throughout high school. Eventually he earned a nickname: Cake Boy. After high school, Dennis went to Brown University, in Providence, Rhode Island, but after one semester moved to nearby Johnson & Wales, where he received an academic scholarship to study culinary arts.

After he graduated with a degree in hotel and restaurant

FOOD FOR THOUGHT

"Stories, like whiskey, must be allowed to mature in a cask."

—SEÁN O'FAOLÁIN, *THE ATLANTIC*, DECEMBER 1956

management, Dennis moved to New York, where he spent nearly a decade baking cakes out of his Harlem apartment while holding down two jobs. One day, Dennis—by then known as Cake Man—was hired by a friend to bake a cake for Lena Horne's 75th birthday, and he decided to make her a red velvet. He based his version on the traditional recipe, using buttermilk, oil, and vinegar in the batter. Horne loved it, and the cake became Dennis's signature.

He moved to Brooklyn in 2000 to open his first store, where he could dedicate his time solely to baking. Today the operation turns out more

FOR THE CAKE:
1 tbsp. butter
2½ cups plus 12 tbsp. cake flour
1½ cups sugar
1 tsp. baking soda
1 tsp. cocoa powder
1 tsp. salt
2 eggs
1½ cups vegetable oil
1 cup buttermilk

2 tbsp. (1 oz.) red food coloring
1 tsp. vanilla extract
1 tsp. white distilled vinegar

FOR THE FROSTING:
12 oz. cream cheese, softened
12 oz. butter, softened
1½ tsp. vanilla extract
3 cups confectioners' sugar
1½ cups chopped pecans

1. For the cake: Preheat oven to 350°. Grease three 8" round cake pans with butter. Dust with 2 tbsp. of the flour and set aside. Sift remaining flour, sugar, baking soda, cocoa, and salt into a bowl. Beat eggs, oil, buttermilk, food coloring, vanilla, and vinegar in a bowl with an electric mixer until combined. Add dry ingredients and beat until smooth, 1-2 minutes. Divide batter evenly between pans. Bake cakes, rotating halfway through, until a toothpick inserted in the center of each comes out clean, 25-30 minutes. Let cakes cool for 5 minutes, then invert each onto a plate, then invert again onto a rack. Let cakes cool.

2. For the frosting: Beat cream cheese, butter, and vanilla in a bowl with an electric mixer until well combined. Add sugar and beat until frosting is light and fluffy, 5-7 minutes.

3. Put 1 cake layer on a cake plate; spread one-quarter of frosting on top. Set another layer on top and repeat frosting. Set remaining layer on top and frost top and sides with the remaining frosting. Press pecans into sides of cake.

than 80 red velvet cakes a day (whole cakes start at \$35 and serve eight to ten; slices cost \$5 apiece). Custom cakes are also available. For Patti LaBelle, Mary J. Blige, and rapper 50 Cent, Dennis has made red velvet cakes shaped like high-heeled shoes, a Louis Vuitton purse, and a diamond-studded wristwatch, respectively.

Why has this one variety of cake become so popular? Well, Dennis speculates, it might be because some people think it's an aphrodisiac, but he can't be sure. Dennis himself prefers chocolate cupcakes. (For information on Cake Man Raven Confectionery, see *THE PANTRY*, page 88.) —Jaime Joyce

ONE GOOD BOTTLE

The Napa Valley's estimable Louis M. Martini Winery, now part of the Gallo portfolio, has always had a good reputation for its red wines—most notably its Napa cabernets and zinfandels. It has that territory so well staked out, in fact, that the **LOUIS M. MARTINI ALEXANDER VALLEY CABERNET SAUVIGNON**

RESERVE 2001 (\$35) caught us by surprise. It's just a delicious wine, with leather in the nose (not boot leather but the scent of a suede-lined leather cuff link box) and a rich, velvety texture and plenty of concentrated, faintly chocolatey black cherry fruit. (See *THE PANTRY*, page 88, for a source.) —THE EDITORS



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FARE

From Obscurity to Kansas State

The books and papers of an American culinary icon find a home in the Sunflower State

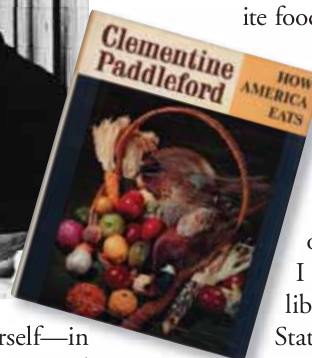
IF I HAD TO ADOPT a personal motto, I'd have to go with "Always bring home a souvenir." Why? Because one such memento—picked up by my husband on a business trip to Boston—changed my life. The object: a vintage copy of *How America Eats*, a cookbook by Clementine Paddleford, published by Scribner in 1960. Though Paddleford, who wrote about food for 30 years for

the *New York Herald Tribune*, was named best-known food editor in the United States by *Time* in 1953, her work had faded into obscurity. But once I delved into her book it became clear that her fade wasn't due to lack of talent. Its pages are full of top-notch culinary reporting. Paddleford spent 12 years traveling more than 800,000 miles (according to her estimate) around this country—sometimes



in a plane she piloted herself—in order to chronicle the regional foodways of our nation's home

Food writer Clementine Paddleford, left, in 1961; below, from the collection, a copy of her *How America Eats*, published in 1960.



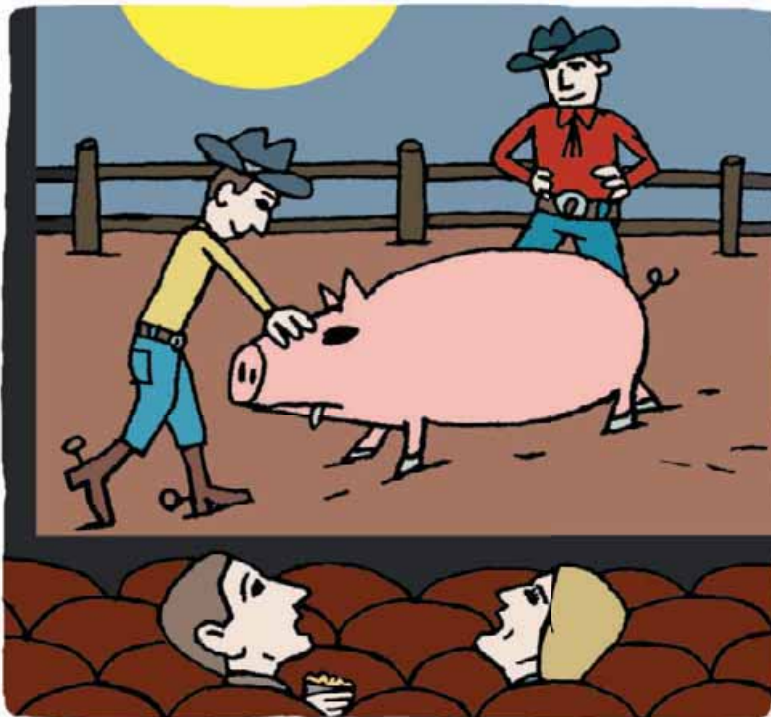
cooks. Suddenly, this woman I'd never heard of became my favorite food writer—and I wrote about her for the November 2002 issue of *SAVEUR*.

During my own reporting, I traveled to the library at Kansas State University, in Manhattan, Kansas,

Paddleford's alma mater and the place to which she bequeathed all her papers and her 1,900-volume cookbook collection (she died in 1967). In the library's special-collections department, I met archivist Cindy Harris, who was in the process of cataloguing Paddleford's papers; although the library had physically acquired Paddleford's 274 file boxes in 1970, no one had gotten around to sifting through them. Three years later, I learned that Harris had finally sorted, filed, and arranged Paddleford's papers and effects for public viewing. The result is that an amazing legacy is now sitting in the aisles of K-State's library: besides Paddleford's donations, there is a cookbook collection devoted largely to Americana and containing more than 13,000 titles. Even better is the fact that the librarians make themselves available to curious visitors, food historians, and mere recipe seekers. To celebrate this resource of American culinary history, a party and a symposium were held last September; Paddleford's daughter Claire, who is now 75, attended, and, yes, I did too. Now, that's what I call a souvenir. (For more information on the K-State library's resources, see *THE PANTRY*, page 88) —*Kelly Alexander*

FOR YOUR DELECTATION ...

Last year, *Super Size Me*—a movie by Morgan Spurlock about his experiment in excessive fast-food consumption—put food documentaries on the map. It was even nominated for an Academy Award in the Best Documentary category. Spurlock's effort was just the beginning of a spate of culinary-themed flicks, however. Among the others are *Barbecue: A Texas Love Story*, *The Future of Food*, and *Hamburger America* (see *SAVEUR*, January/February 2006). And recently we've heard news of still more culinary cinema headed our way. Maybe one or more of these will be competing for Oscar glory next year....



THE 40-YEAR-OLD VEGETARIAN

He's sensitive, he's available, he eats Boca Burgers!

VERGÉ AND ME

Yes, he's really going to cook that rabbit.

GRISTLY MAN

He thought he could eat cartilage; he was wrong.

THE WEDDING CATERERS

One matrimonial season, two randy out-of-work actors, and lots of steam—and not just from the chafing dishes.

MAD HOT CULINARY SCHOOL STUDENT

Will he let the escalope de saumon cook on just one side—or will he flip?

FAHRENHEIT 375

Favorite oven setting of a book-burning dictatorship or the best temperature for baking chewy brownies? You decide.

WORK THE LINE

The real story of the Man in Whites (features "A Boy Named Soup" and "Pheasant Dressin' Blues").

PIE RATES OF THE CARIBBEAN

Inflation hurts when you're trying to hawk baked goods on Barbados or St. Thomas.

FATBACK MOUNTAIN

Two cowboys with unconventional appetites; a hunk of cured hog; you know what's going to happen.

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FARE

MARCH

21

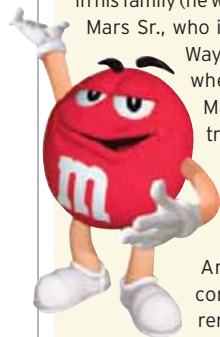
Birthday:

FORREST EDWARD MARS

1904, Wadena, Minnesota

During the Spanish civil war, a young American visitor to Spain named Forrest Mars became intrigued by the little pellets of chocolate encased in a hard sugar coating that he saw soldiers eating. Sweets ran in his family (he was the son of Frank Mars Sr., who invented the Milky

Way in the 1920s), and when he got home, Mars replicated the treats—which melted in his mouth, not in his hand. They immediately became part of American soldiers' combat rations and remain so to this day.



MARCH

22

OYSTER OLYMPICS

Seattle

As the nation's top producer of cultivated oysters, Seattle pays tribute to its slurpable bounty every spring with the Oyster Olympics. Among the events are an oyster-shucking contest featuring chefs and a competition between local television personalities and sports figures, who vie to see who can first gulp down ten oysters. There's also a contest to find Washington's largest oyster; last year it was a behemoth weighing more than four pounds. Information: 425/455-0732.

MARCH

29

Anniversary:

FUGU COMES TO AMERICA

1989, New York City

On this date, the FDA allowed the first shipment of the Japanese delicacy fugu (blowfish) to enter the United States. Before it is exported, the fish must be processed and certified by professionals in Japan. If prepared properly, the fish is harmless, but if the flesh is contaminated with deadly tetrodotoxin from the fish's organs, your first bite may be your last. In Japan, fugu is often served with traces of poison deliberately left in, which will produce a tingling sensation on the lips and tongue.



Vincente Generoso

He loved the food of his ancestral village and told us why

HERE IS Vincent Schiavelli, tall, with a Saracen's nose and a bloodhound's eyes, wearing a long raspberry red jacket, laughing with the local priest; here he is looking at a small tomato outside a grocery shop with what appears to be a combination of skepticism and affection ("You're a pretty little thing, yes, but...ripe?"); here he is in the barbershop, seated, draped in a blue tunic, squinting and smiling as his cousin—the proprietor—trims his eyebrows; here he is in his friend's restaurant kitchen doing a "What? This old thing?" take in front of a gorgeous pork roast he has just prepared for the mayor of his ancestral village in north-central Sicily, Polizzi Generosa (Polizzi the Generous)—a name it earned from Frederick II, the Holy Roman emperor, for its hospitality toward him when he visited in 1234.

These are images that were taken for "Honor and Onions", an ar-

ticle Schiavelli wrote about Polizzi for our April 1997 issue, telling the story of how he found himself in that ancient town, cooking a dinner for local dignitaries based on recipes handed down from his grandfather Papa Andrea—who'd been a *monzù* (master chef) for a



famous local family before emigrating to America. Schiavelli had already written a book about Papa Andrea and his specialties and went on to write another, about

his own culinary upbringing in his native Bruculinu (i.e., Brooklyn), and a third, a collection of recipes and stories from Polizzi.

Most of the world knew Schiavelli as a character actor with an unforgettable visage—playing Mr. Vargas the science teacher in *Fast Times at Ridgemont High*, Sallieri's valet in *Amadeus*, the subway spirit in *Ghost* (he appeared in roughly 150 movies and TV shows in his 30-plus-year career). We knew him better as a naturally talented cook, a passionate lover of real Italian food, a vivid and stylish writer, and an amiable friend who was always ready to share—in that deep, warm voice of his—a cooking tip or a new food enthusiasm. He was as generous as Polizzi, where he returned to live a few years back and where he died of lung cancer three months ago, at the age of 57, the day after Christmas. (For information on books by Schiavelli, see *THE PANTRY*, page 88.) —*Colman Andrews*

Actor, writer, and food lover Vincent Schiavelli, above, on a visit to Polizzi Generosa in Sicily.



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FARE

Mad for Manti

These Turkish dumplings prove highly addictive

AS MY LIFE HAS gotten busier, I've had less time for what I think of as Project Cooking—entire days happily spent preparing a single dish. But there's one food so delicious that making it seems like a priority: the tiny Turkish dumplings called *manti*, filled with ground lamb and topped with thick, garlicky yogurt, browned butter, mint, and red chile flakes. I've ordered them all over Turkey and never had them the same way twice: I've eaten them boiled, baked, and steamed; shaped into triangles, squashed rounds, canoes, and little gathered-at-the-

top purses; and sauced with tomatoes as well as with yogurt and browned butter, with pine nuts and basil scattered on top, and with sumac instead of red chile. All are wonderful and belong to a family of eastern and central Asian ravioli with similar names (*mantou*, *mantu*, *momo*, *mandu*) that extends from Turkey through China to Japan. *Manti* are thought to have arrived in Turkey with Turkic-speaking nomads from Mongolia, in the 11th century, or with migrants from the kingdom of the Uighurs, a Turkic people in far western China.

Naturally I had to visit the

RECIPE

Manti

(Turkish Dumplings with Yogurt Sauce)

SERVES 4-6

This recipe is based on one in *Nevin Halıcı's Turkish Cookbook* (Dorling Kindersley, 1989). The dumplings themselves may be made a day ahead and stored in the refrigerator or frozen for later use.

FOR THE STOCK

1 lb. skinless chicken pieces
1 carrot, trimmed, peeled, and chopped
1 rib celery, trimmed and chopped
1 leek, trimmed and chopped
1 onion, peeled and chopped
2 sprigs fresh parsley
4 black peppercorns
3 cloves
11"-long piece of cinnamon stick
1 tbsp. rice, washed and drained
Salt

1½ tsp. salt
½ lb. ground lamb
1 small onion, peeled and finely chopped
2 tbsp. chopped fresh parsley
½ tsp. freshly ground black pepper
1 tbsp. butter

FOR THE SAUCES

2-3 cloves garlic
Salt
2 cups thick strained yogurt
8 tbsp. butter
¼ cup chopped fresh mint leaves
1 tbsp. urfa chile flakes
(see page 88)

FOR THE DUMPLINGS

2 eggs
1⅔ cups flour

1. For the stock: Put chicken and 9 cups water into a large pot, cover, and bring to a boil over medium-high heat. Skim any foam that rises to the surface. Add carrots, celery, leeks, onions, parsley, peppercorns, cloves, cinnamon, and rice. Cover and return to a boil. Reduce heat to medium-low and simmer for 2 hours. Season to taste with salt and cook for 5 minutes more. Strain stock, discarding solids, and let cool. Reserve 4 cups of the stock and save the rest for another use.

2. For the dumplings: Put eggs, flour, 1 tsp. of the salt, and ¼ cup water into a medium bowl and mix until a ball forms, 1-2 minutes. Turn dough out onto a lightly floured surface and knead for 10 minutes. Divide dough evenly into 4 balls, cover with a damp kitchen towel, and let rest for 30 minutes. Meanwhile, combine lamb, onions, parsley, remaining salt, and pepper in a medium bowl. Cover and set aside. Roll 1 ball of dough out into an 11" x 11" square. Trim any uneven edges and cut square into 1" pieces. Working with one square of dough at a time, put about ⅛ tsp. of the lamb mixture in the center of the square. Fold 2 opposite corners toward the middle of the square, leaving a bit of filling exposed. Fold the other 2 opposite corners toward the middle. Pinch all 4 corners together to secure dumpling, leaving about ¼" of filling exposed and poking out. Place dumpling on a parchment paper-lined sheet tray. Repeat forming dumplings with remaining squares and filling, then repeat the entire process with the remaining dough balls and filling.

3. Preheat oven to 400°. Grease a 10½" x 12" casserole dish with butter. Put dumplings into dish in a single layer and bake until golden, about 30 minutes. Meanwhile, bring reserved stock to a boil. Pour stock over dumplings, cover with foil, and bake until most of the stock has been absorbed, 25-30 minutes.

4. For the sauces: Meanwhile, put garlic and salt to taste into a mortar and pound with a pestle until a smooth paste forms. Transfer to a medium bowl, add yogurt, and stir to combine well. Melt butter in a small skillet over medium heat, swirling pan, until solids have browned slightly, 8-10 minutes. Serve dumplings in a bowl topped with yogurt sauce, mint, urfa chile, and a drizzle of browned butter.



FARE



Mantı maker, above, at work in Kaşık'la, a restaurant in Kayseri, Turkey; facing page, mantı.

place where mantı are the most famous: Kayseri, in the center

of Anatolia. There, at the city's Kaşık'la restaurant, they were peerless. Each was barely the size of the tip of my pinky, spindle shaped, filled with spiced lamb, boiled until tender, and served with tomatoey broth, intensely garlicky yogurt, hot chile flakes, and sweet dried mint. Every bite danced in my mouth.

The chef guided me to the basement so that I could see how the mantı were made. He pushed open the door to the workroom, revealing dozens of

women, in snowy white or pink head scarves and pink or white robes, bent silently over Chiclet-size squares of dough, dabbing bits of filling into their centers and squeezing them shut. Their movements were so minute that they looked as if they were embroidering. Every year, the chef informed me, they produce 16 metric tons of mantı, each so small that nearly 40 of the dumplings fit in a soup spoon (said to be a traditional standard that a young Turkish girl had to

meet before she could marry).

Mantı from Kaşık'la are sent, frozen, all over the country—but not, alas, to the United States. When I returned home from that trip I immediately began searching for some way to eat good mantı and found this excellent recipe from Nevin Halıcı, an expert on Turkish regional cooking (see preceding page). I turn to it whenever I must have mantı. (For details on Kaşık'la restaurant, see *THE PANTRY*, page 88.) —Margo True

BOOK REVIEW

Very Slow Food

A new edition of a classic devoted to southwestern French cuisine offers less nouvelle and more to chew on

BY SHANE MITCHELL

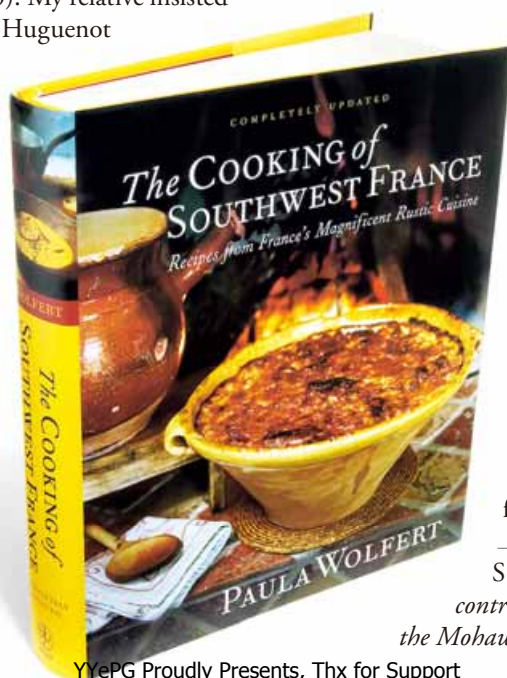
WHEN LOUIS XIV REVOKED the Edict of Nantes in 1685, ending an era of nominal religious tolerance toward Protestant sects, the Huguenots of southwestern France knew it was time to get out of Dordogne. Many fled across the Atlantic to settle in South Carolina, which is why I speak French poorly but grew up with culinary traditions (salted ham, blood sausages, roasted lamb) that have their heart and soul in the Languedoc region. When I got married 12 years ago, a Charleston cousin hunted high and low for the ideal wedding gift: an out-of-print first edition of Paula Wolfert's *The Cooking of Southwest France* (originally published in 1983). My relative insisted that it was essential reading for anyone of Huguenot descent who cared to sustain his or her old-world gastronomic heritage. Back then, my kitchen technique wasn't up to that intimidating volume, but luckily my skills have improved just in time for a new edition of Wolfert's classic—which has been updated and expanded with more recipes from my family's ancestral home.

While living in Tangiers in the early 1970s with her husband, crime novelist William Bayer, the Brooklyn-born Wolfert wrote her first books on the food she ate every day: *Couscous and Other Good Food from Morocco* (first published by HarperCollins in 1973) and *Mediterranean Cooking* (published in 1977 by the New York Times Book Co.). In the late '70s, a quest for the perfect cassoulet took her to Toulouse. (It's appropriate that this earthy dish now appears on the new

edition's glossy jacket cover.) Wolfert spent subsequent years coaxing recipes for quintessential garbure and poule au pot from cagey farmwives and great chefs alike. When her rustic cooking primer was first published, many essential ingredients—Bayonne ham, fresh black truffles, good-quality roquefort—were not available on our shores. Now that Americans can obtain such treasures via the Internet and savvy specialty grocers, those regional dishes can be fully realized.

However, I feel it's crucial to issue a word of caution to those who troll bookstore aisles for culinary titles that include a term like "quick" or "easy". Wolfert's *oeuvre* is not for *vous*. French peasant dishes have always required time and effort. According to her, a dedication to executing those specialties is "integral to their glory". In a headnote for Gascony beef daube, Wolfert allows four days for preparation. In comparison, civet of wild hare in fresh blood is a snap, with only two days required from start to finish (not including the time needed to catch the main ingredient). But even if you're cowed by the commitment of time that Wolfert demands, you'll still enjoy her documentation of a rural cuisine that balances innate frugality with the liberal use of duck fat, armagnac, and goose liver.

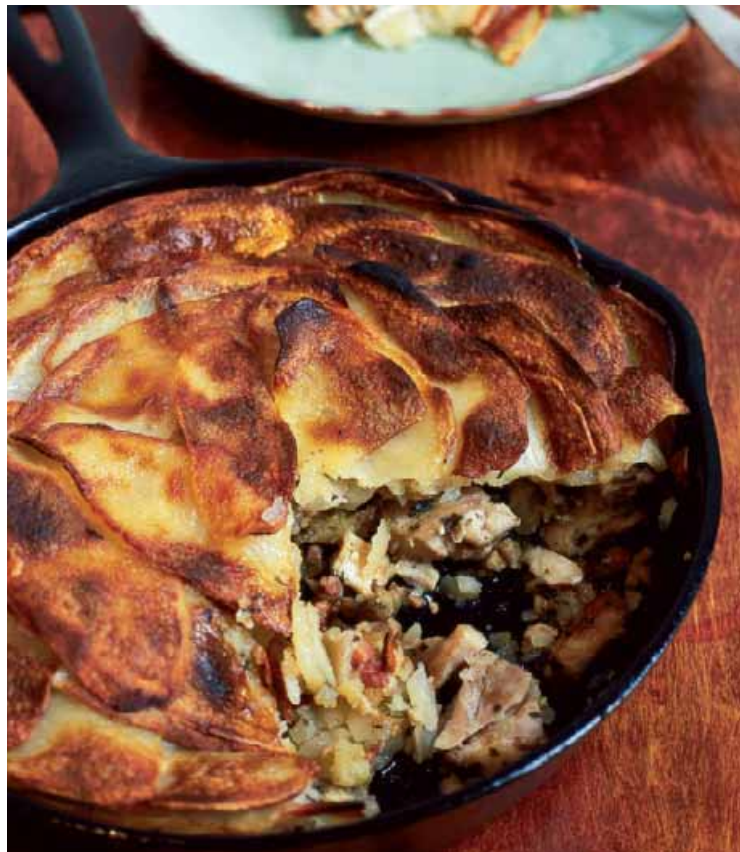
Wolfert intentionally forgoes any attempt to define southwestern France geographically (impos-



SHANE MITCHELL writes for *SAVEUR* and is a contributing editor for *Travel and Leisure*. She lives in the Mohawk Valley in New York.

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FARE



Wolfert's chicken, potato, and artichoke cake.

sible, given the overlay of ancient duchies with contemporary departments, although the recipes are organized in a useful regional index that ranges from the Aquitaine to Poitou-Charentes); rather, she identifies it as a land of preserved meats (confit), where “garlic meets shallot” and chefs use truffles as “mere condiments”. She also explains such folk traditions as *faire chabrot*, the practice of capturing the last drops of soup by mixing it with red wine when the crusty bread normally reserved for the task has already been consumed. She is equally expert in interpreting recipes by beloved regional chefs Michel Bras, Alain Dutournier, and André Daguin.

Wolfert still devotes an entire section to cassoulet, including one version from the Pyrenees that features a garlicky Catalan-style shoulder of lamb en pistache. She has dropped a number of tired nouvelle cuisine entries (with apologies to Michel Guérard) but added 60 new recipes, one standout being for a labor-intensive potato gâteau deliciously filled with artichoke, chicken, and eggplant (as well as a goodly amount of duck fat) from her old friend Lucien Vanel’s restaurant in Toulouse.

Even after two decades, Wolfert remains a staunch fan of the Crock-Pot, which she feels is ideal for the slow, gentle cooking of confit and rich stocks. But then, certain traditions should stand the test of time, especially those from a milieu where the farmer still lovingly refers to his pig as “le monsieur” and matriarchal cooking, known as “la cuisine umbilicale”, continues to connect people like me to the flavors of my motherland. For that, Wolfert deserves, as my Southern cousins would put it, a big “Mercy buckets”. 🐷

The Cooking of Southwest France: Recipes from France’s Magnificent Rustic Cuisine by Paula Wolfert (Wiley, \$37.50).

RECIPE

Gâteau de Cuisse de Poulette aux Pommes de Terre et aux Artichauts

(Chicken, Potato, and Artichoke Cake)

SERVES 6

This recipe from Paula Wolfert’s *The Cooking of Southwest France* is based on one for a dish called gâteau de Père Lathuille. Though invented by a 19th-century restaurateur outside Paris, it is southwestern in character and was a specialty at the famous Toulouse restaurant Vanel.

1 lb. purple eggplant, peeled and cut into 1" chunks	1/3 cup dry white wine
Coarse kosher salt	1/3 cup unsalted chicken stock
6 skinned and boned chicken thighs, trimmed of excess fat, at room temperature	3 tbsp. minced fresh chives
Freshly ground pepper	2 tsp. fresh thyme leaves
1/3 cup rendered duck fat or clarified butter (see page 88)	Juice of 1/2 lemon
1 cup finely diced ventrèche (see page 88) or pancetta	Pinch of sugar
1 cup cubed (1/2") blanched fresh or thawed frozen artichoke bottoms	1 tbsp. chopped fresh flat-leaf parsley
	1 tsp. finely chopped fresh garlic
	2 lbs. russet potatoes
	2 tbsp. olive oil
	Coarse sea salt

1. Sprinkle the eggplant with 1 1/2 tbsp. coarse salt and let stand for at least 2 hours. Rinse the eggplant chunks under running water; squeeze out as much moisture as possible. Do not worry about maintaining the shape; you should have about 1 cup dry clumps of eggplant.

2. Season chicken thighs with salt and pepper. Heat 2 tbsp. of duck fat or clarified butter in a medium skillet, preferably nonstick, over moderate heat. Add ventrèche and brown lightly [then remove from pan]. Raise heat and, working in batches, add chicken and sear 30 seconds to a side; transfer to a platter to cool. Then cut each thigh into 6 pieces. Add artichokes to hot skillet and cook, stirring, with pan juices until just golden around edges, 1-2 minutes. Using a slotted spoon, transfer artichokes to a bowl. Pour off fat. Deglaze skillet with a little white wine and stock and boil down to a syrupy glaze. Scrape into bowl with artichokes. Add chicken, chives, thyme, and 1 tbsp. of lemon juice. Season with 1 tsp. salt and 1/2 tsp. pepper and toss lightly to mix. Cover and set aside.

3. Preheat oven to 450°. Heat 2 tbsp. duck fat in a large nonstick skillet over moderate heat. Add the eggplant, cover, and cook, turning clumps from time to time, until they begin to plump up, feel tender, and turn golden brown, about 10 minutes. At this point, reduce heat to low, add a pinch of sugar, and slowly cook, uncovered, turning pieces of eggplant often, for 5 minutes. Add the chopped parsley and garlic and continue to cook, turning often, for another 5-8 minutes, or until eggplant has a glowing, bronzed, moist appearance. Set aside on paper towels to absorb any excess fat.

4. Peel potatoes, halve lengthwise, and cut into long thin slices. Wash well to remove their starch and pat dry with paper towels. In same skillet used to cook eggplant, set olive oil over moderate heat. Working in batches, add potato and cook until just pliable, 2-3 minutes. Arrange a generous third of potato slices, overlapping, in bottom of a buttered, 9" straight-sided cast-iron skillet, copper tarte tatin pan, or 6- or 7-cup shallow ovenproof baking dish. Cover with chicken, pancetta, artichokes, and eggplant. Arrange remaining potatoes on top and cover with sheet of foil. Crimp foil against edge of pan to seal tightly. Bake in center of oven for 20 minutes. Remove foil, press pie down, and continue baking, uncovered, for 30 minutes longer. Brush top with remaining duck fat and place under broiler, 1-2 minutes.

THE SAVEUR LIST

10 Chocolates

American confectionery has come a long way since the Whitman's Sampler

WE RECENTLY sampled assorted chocolates from some 50 producers, based all over the United States—many of them making chocolates on a par with the best of Switzerland or Belgium. Believe it or not, the task of tasting them was not always pleasant; some of the most expensive chocolates were all but indistinguishable from their drugstore counterparts. But we persevered, even-

tually settling on ten star chocolate makers, each producing unique creations that were truly divine to eat. Almost every one of their boxes, incidentally, includes an illustrated cheat sheet that identifies varieties by shape or design. This, of course, eliminates the fun of puncturing a bonbon's bottom in search of a favorite flavor. (See *THE PANTRY*, page 88, for more information.)

CANDINAS (\$19.75/16-PIECE BOX) Swiss-trained, Wisconsin-based Markus Candinas makes simply decorated chocolates in traditional flavors—from Irish cream to caramelized hazelnut—whose fillings meld beautifully with the rich chocolate exteriors.

CHOCOLATE SPRINGS (\$29.50/20-PIECE BOX) Chocolate maker Joshua Needleman, based in the Berkshires, specializes in distinctive flavors, like tangerine-ginger tea. His buttery caramel is unparalleled, and his sunshine chocolate—filled with a fresh lemon zest ganache—is zingy.

JOHN & KIRA'S (\$26/15-PIECE BOX) Pennsylvania chocolate makers John Doyle and Kira Baker-Doyle use natural and locally

grown ingredients for their chocolate fillings. The star of the collection, mint, is made with leaves from an elementary-school garden.

MARIEBELLE (\$35/16-PIECE BOX) Manhattan-based chocolate maker Maribel Lieberman designs colorful mosaics and silhouettes for each chocolate. There are 26 flavors of ganache filling; lavender and pineapple are our favorites.

NORMAN LOVE CONFECTIONS (\$20/10-PIECE BOX) Norman Love—who has a chocolate shop in Fort Myers, Florida—has captured the essence of the Sunshine State. His chocolates have bright tropical flavors, like macadamia, key lime, and piña colada.

POCO DOLCE (\$32/16-PIECE BOX) San Francisco's Poco Dolce chocolate "tiles" come in four flavors: double-roasted almond, crystallized ginger, burnt caramel toffee, and Aztec chile—all generously sprinkled with gray Brittany sea salt.

RECCHIUTI (\$40/16-PIECE BOX) Michael Recchiuti, also San Francisco based, makes chocolates that are stylishly restrained but disguise poetic flavors within, like star anise, pink peppercorn, Piedmont hazelnut, spring jasmine tea, and a sublime burnt caramel.

SANS SOUCI (\$28/12-PIECE BOX OF TRUFFLES) Laure de Montebello and Angela Fields of Port Jefferson, New York, offer exquisite European-style fresh

cream truffles. Raspberry truffles are a must, as are the irresistible Marquis Bars—each like a bite-size flourless chocolate cake.

VALERIE CONFECTIONS (\$38/12-PIECE BOX) At their Los Angeles store, Valerie Gordon and her partner, Stan Weightman, specialize in handmade hard toffee. They blend the toffee with fresh ingredients, creating eight flavors, such as ginger, gianduja, and hazelnut.

WOODHOUSE (\$16/12-PIECE BOX) The old-fashioned shapes of these Napa Valley chocolates hint at the flavors inside: a fan for Thai ginger, a coffee bean for espresso.... Special mention: the honey, filled with a creamy honey butter, and the fresh mint. —*Sierra Burnett*



KITCHENWISE



The Lure of Fire

Cold winters are easier to handle when your kitchen has an all-purpose fireplace

BY KATHLEEN BRENNAN
PHOTOGRAPHS BY
ANDRÉ BARANOWSKI

LONG-TIME California residents Brigit and Casey Binns had never imagined that they'd be living on the East Coast, let alone in rural New York. But while visiting friends in the Hudson Valley a year and a half ago, the couple came across an old, 28-acre mushroom farm for sale in the town of Athens, about two hours north of Manhattan, and the price included a pond and gorgeous views of the Hudson River. Something about the remoteness and the pastoral beauty of the place intrigued them, and they loved the idea of living on an expansive piece of land, but it was the price that sealed the deal. The same amount, according to Brigit, wouldn't even buy a bicycle rack back home in Venice Beach. "The good life isn't available in California anymore," she says matter-of-factly. "There are just too many people trying to do it." Fortunately, relocating was an easy proposition. The couple don't have any children, and their jobs—she's written 13 cookbooks (*The Palm Restaurant Cookbook*, published by Running Press in 2003, is the latest); he's an actor—are "flexible enough".

Within months, the Binns

were overseeing construction of their new, two-bedroom home. The 1,800-square-foot wood-sided structure was designed to resemble a barn that had been converted into a house. Its hub is a 30-by-25-foot room with a 21-foot-high ceiling, and about half that space is devoted to the kitchen. While a professional designer handled the rest of the house, the kitchen was Brigit's project.

Inspired by William Rubel's *The Magic of Fire* (Ten Speed Press, 2002), a book about open-hearth cooking that she'd read a few years earlier, Brigit decided to install a waist-high fireplace specifically meant for preparing food. "I figured that if it had to be cold outside, this would be a fun way to warm up. I was also seduced by the idea of getting back to the simple life."

As Rubel's book makes clear, you can cook over any fire, but for optimum heat and convenience you must meet certain requirements. For instance, a shallow firebox will throw the heat forward—toward the cook, so to speak. Likewise, if you want to have the option of cooking on the hearth itself (if the firebox, say, is too crowded with dishes, or if you need a steady stream of hot embers), it must be about 18 inches deep.

Brigit positioned the fireplace (the exterior of which was finished with a rust-and-moss glaze to make it resemble the exteriors found in Siena, Italy) along the rear wall between the kitchen and the dining area; to link it clearly to the former and provide a handy "back counter", she placed an island within reach. The five-by-eight-foot island, where Brigit does most of her prep work, was certainly well conceived. The backside contains a six-burner cooktop, a built-in garbage can, and several heavy-duty drawers for pots and pans; both ends feature a series of cubbyholes for storing wine; and the front holds dozens of cookbooks



5

1. Primitive Force "During the cold months," says Brigit, "it seems natural to do most of the cooking in the fireplace." The Binnses grill steaks and sausages (as shown), use a rotisserie for chickens and pork loins, and bury vegetables like radicchio and artichokes directly in the embers. Although they were novices at the technique before they moved into their home, Brigit claims that fireplace cooking is an intuitive process: "You just need to practice," she says.

2. Salt Mine Brigit always keeps a selection of various salts, including fleur de sel, smoked salt, and Hawaiian red salt, next to her cooktop. "It's like an artist's palette of colors that you can pick and choose from," she notes.

3. Top Choice For their countertops the Binnses chose coral-colored honed and filled travertine tiles, a material more frequently used for floors. "I think it's beautiful," says Brigit. "It's so colorful, and you can even see bits of fossils in it." Also on the plus side is the fact that hot pots may be placed directly on the surface with no worries. The downside is that the countertop doesn't come with any trim pieces, so Brigit had to think up creative solutions for edges and curves.

4. Clean Air Because the ceiling above the cooktop is so high, installing the stove's standard ventilation hood wasn't a possibility. Instead, the Binnses put in a retractable downdraft vent behind the rear burners that works just as well.

5. Hot Stuff This footed cast-iron grill pan, which features a well in the handle for catching drippings, is both handsome and practical. Pans like this can be bought at some antiques shops, and they sometimes also turn up on the Internet.



1



2



3



4

on open shelves. The butcher-block top extends nine inches over the island's base so that people sitting in the surrounding chairs won't bang their knees and feet into it.

Because of a glitch with the sink installation, the counters ended up being about an inch higher than planned, which makes cutting on them a bit uncomfortable for Brigit. As for the sink area proper, upper cabinets were sacrificed in favor of three large windows that overlook the pond. The two on the right side open up to a screened-in porch complete with a conventional fireplace. Brigit designed the windows flush with the counters to facilitate the passing of dishes from the kitchen to the porch. After all, even with so many reasons to stay in her kitchen, it's hard to keep a Californian indoors for too long. (For details, see *THE PANTRY*, page 88.)

Would you like to share your own kitchen-design ideas with other SAVEUR readers? Send us photos of your kitchen, both overall and in detail, along with a few lines telling us what you think is special about it. Please note that submissions cannot be acknowledged or returned. Our address: Kitchenwise, SAVEUR, 304 Park Avenue South, 8th Floor, New York, NY 10010.

CELLAR

Lean Vintages

The wines of the East Coast have...well, possibilities

BY MICHAEL STEINBERGER

IT MAY WELL BE that the eastern seaboard of the United States will one day be a source of world-class wines. Alas, that day is almost certainly a long way off. True, there are now a number of serious wineries on the East Coast, and the region has an impressive variety of soils and microclimates. Unfortunately, it also often has harsh winters, which make cultivating vinifera grapes a constant, at times literally fruitless, struggle. Global warming is presumably doing its part to make the lives of East Coast vintners easier, but Napa needn't worry just yet.

The most promising East Coast wines are, in general, made in New York and Virginia. But ambitious wineries can also be found in Connecticut, Massachusetts, Rhode Island, Pennsylvania, and New Jersey, and it is those estates that are spotlighted here. The close-up view is not entirely flattering. In almost every instance, other wineries in other places produce much better versions of these wines for roughly the same price. On the other hand, these are wines fashioned with the same noble intent, and in the same experimental spirit, that eventually yielded such rich dividends in California, Oregon, and Washington, so it is not unreasonable for us to want to get an early look at what is being done.

Indeed, one of the most impressive aspects of East Coast winemaking is the

sheer number of grape varieties and winemaking styles in use. Because the achieving of ripeness is such a challenge, however, the wines, from whatever grapes, tend to be quite acidic, and the whites often show a pronounced green apple note. Likewise, a strong herbal note—usually tobacco—is apparent in most Northeastern red wines, no matter what varieties are used.

There is one sense in which the unavoidable comparison to California works to the East's advantage. For people who occasionally enjoy wines made in a leaner style, reds and whites from New England and its vicinity present a welcome contrast to the overbearing lushness of so many California wines nowadays. The better wines are those in which leanness doesn't veer into meanness. 🍷



Tasting Notes

These wines are the most easily obtained at their respective wineries, but some may be mail-ordered. See THE PANTRY, page 88, for details.

CHADDSFORD WINERY (PENNSYLVANIA) MERICAN 2001 (\$40). A blend of the usual Bordeaux grapes. A whiff of sweet tobacco on the nose, plus cherry, mint, and tree bark. Lean and a little too spicy on the palate.

CHADDSFORD WINERY (PENNSYLVANIA) PINOT NOIR MILLER ESTATE 2002 (\$35). Pale in color, with cherries and tobacco on the nose and cherries on the palate, along with spiciness and good acidity.

CHAMARD VINEYARDS (CONNECTICUT) ESTATE RESERVE CABERNET FRANC 2002 (\$18). Deep in color, with an interesting bouquet, marked by oak, blackberry, smoke, and white pepper. Nicely poised black fruit on the palate, but also fairly dusty and chewy, with imposing tannins.

CHAMARD VINEYARDS (CONNECTICUT) ESTATE RESERVE CHARDONNAY 2001 (\$13). An inviting nose of buttered toast and honey. Ripe, lively citrus and white fruit on the palate, with a dollop of honey thrown in. Lean in style, with some real elegance—truly evocative of Burgundy.

CHAMARD VINEYARDS (CONNECTICUT) ESTATE RESERVE MERLOT 2002 (\$24). Oak on the nose, with raspberry and chocolate. Tangy red fruit in the mouth. Ungainly tannins, but good concentration and decent acidity.

CROSSING VINEYARDS (PENNSYLVANIA) RIESLING 2003 (N/A). Muted apple aroma, with a whiff of matchstick. More apple on the palate, along with tropical-fruit notes. Varietally correct.

SAKONNET VINEYARDS (RHODE ISLAND) CHAMPAGNE NV (\$30). A surprisingly delicate mousse and a champagne-like nose. Crisp citrus fruit in the mouth, with good acidity but no depth of flavor.

SAKONNET VINEYARDS (RHODE ISLAND) VIDAL BLANC 2004 (\$11). Pale in color, with an exuberantly fruity bouquet. Lean and taut in the mouth, with a grapefruit note. Quite nice.

SAKONNET VINEYARDS (RHODE ISLAND) WINTERWINE 2002 (\$25/375 ml). An attractive, compote-like bouquet, with aromas of apple and cinnamon. Full-bodied, syrupy, and sweet, with pronounced notes of apricot and honey.

UNIONVILLE VINEYARDS (NEW JERSEY) HUNTER'S RED RESERVE MERITAGE 2003 (\$25). Appealing notes of blackberry, chocolate, espresso, and mint on the nose. Medium-bodied, with sweet-and-tart cranberry and cherry flavors. The tannins are bone dry and bracing.

WESTPORT RIVERS WINERY (MASSACHUSETTS) BRUT CUVÉE RJR 2000 (\$20). Buttered biscuits and baked apple on the nose, with a hint of ginger. Full-bodied and a bit roughhewn, lacking the polish of champagne.

WESTPORT RIVERS WINERY (MASSACHUSETTS) CHARDONNAY 2002 (\$14). Aromas of butter and green apple, with a mineral note tossed in. Tart lemon flavors predominate, backed by good acidity. —M.S.



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S O U R C E

Citrus Surprises

These fruits are anything but garden variety

BY KATHLEEN BRENNAN

AMID THE MANY giant farms in California's Central Valley that supply the everyday oranges and grapefruits stocked by supermarkets all over America lies Rising C Ranches. Owned by Eric and Kim Christensen, Rising C is a small operation selling about 40 unusual citrus fruits, including (right, from top) the chandler pummelo, variegated pink lemon, buddha's hand, heirloom navel orange, and moro blood orange—all grown with painstaking care and notable for their depth and intensity of flavor.

In 1988, Eric was unhappily employed at a major citrus-packing firm; Kim was a dental assistant. Eric had long been interested in specialty citrus, so when a friend offered to sell him a 60-acre citrus farm in Reedley, about 25 miles southeast of Fresno, he seized the opportunity. Soon thereafter, the Christensens planted their first crop: low-acid palestine sweet limes. They began selling the fruit in 1992 and developed a strong following from an unexpected source: Southern California's sizable Iranian population. Sensing the potential in growing for various ethnic groups, the Christensens began planting other varieties, including obscure heirloom ones. In the process, they discovered that many cultures prefer fruit with the leaves attached, as both a sign of freshness and a visual enhancement. The pair started providing a "stem and leaf" option, becoming among the first commercial growers in the country to do so.

The couple use only disease-free budwood and pay obsessive attention to microclimatic variations in deciding where to grow different crops. Rising C is not an organic producer, but it practices sustainable farming and uses chemicals sparingly. The Christensens hand-harvest each fruit (about 50 million pieces last year) only when each has reached peak ripeness—an anomaly in an industry in which entire fields are typically picked at the same time. "This can be tough for retailers, who have a delivery schedule they want to adhere to," says Eric. "But the stuff's got to taste good, so they have to wait or go elsewhere. They won't get it from us until it's ready." Rising C Ranches citrus fruit, available from October to May, costs around \$2 per pound, plus shipping. The selection varies from week to week. To order, call 559/637-9546 or visit www.ripetoyou.com.





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Burnt Offering

“Cajun” blackened redfish is a deliciously charred treat

BY PABLEAUX JOHNSON

WHEN THE CAJUN FOOD craze was sweeping America in the 1980s, friends at my Texas college began asking me for my mother’s recipe for blackened redfish. My initial reaction was a perplexed stare. I’d grown up in south Louisiana, but I’d never come across that dish in Cajun country, let alone in my mother’s kitchen. Instead, like most people, I first saw it on TV, prepared by the charismatic, Opelousas-born chef Paul Prudhomme. He’d dip a filet of redfish—a tender white-fleshed fish from the Gulf of Mexico—into melted butter, dredge it in a scarlet-hued spice mix, and sear it in a white-hot cast-iron skillet, producing billows of smoke worthy of a Vegas magician’s grand finale. As this boldly flavored icon of Prudhomme’s “Louisiana cuisine” made its way onto menus

from Providence to Pocatello (albeit in renditions usually more “beiged” than blackened), natives of rural south Louisiana could only shrug in confusion. My favorite response came from a friend’s grandmother who had spent all her 90-odd years outside Kaplan, Louisiana: “That man ought to be ashamed. Selling burnt fish to people who don’t know no better.”

Despite its rustic trappings—cast iron, high flame, straightforward prep—Prudhomme’s “blackening” technique is not traditionally Cajun. The chef devised the method in the late 1970s, in the kitchen at Commander’s Palace in New Orleans, and a few years later perfected the dish at his own restaurant, K-Paul’s Louisiana Kitchen. Blackened redfish became so popular that it triggered a depletion of redfish fisheries along Louisiana’s Gulf coast. In 1986, commercial harvesting of the fish (also called red drum) was banned for the most part, although small catches are still allowed in some places. Chefs took to blackening other ocean fish, such as mahimahi, and adapting the technique to chicken, beef, and pork.

Proper blackening—so that the crust isn’t burnt so much as toasted—requires split-second timing, experience with handling furnacelike temperatures, and an intimate knowledge of your home’s smoke-detection system. In the absence of a restaurant-grade vent hood, a home cook might consider taking the show outdoors: a propane burner designed for seafood boils generates the requisite firepower and might spare the need for sheepish apologies to robe-clad neighbors. 

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RECIPE

Blackened Redfish

SERVES 6

This recipe is based on one in *Chef Paul Prudhomme’s Louisiana Kitchen* (Morrow Cookbooks, 1984). Redfish (also known as red drum) is often farm-raised these days. It tends to be fatter and smaller than the wild-caught variety. Black drum makes a great substitute.

1 tbsp. sweet paprika
2½ tsp. salt
1 tsp. onion powder
1 tsp. garlic powder
1 tsp. cayenne
¾ tsp. freshly ground black pepper
¾ tsp. freshly ground white pepper
½ tsp. dried thyme
½ tsp. dried oregano
12 oz. butter, melted
6 (½"-thick) 8-oz. skinless, boneless red drum, black drum, or red snapper filets

1. Combine paprika, salt, onion and garlic powders, cayenne, black and white pepper, thyme, and oregano in a small bowl and set aside. Put 2 tbsp. of butter into each of 6 small ramekins; set aside and keep warm. Put remaining butter into a wide, shallow dish. Dip each filet in butter and place on a parchment paper-lined sheet tray. Dust each filet generously on both sides with spice mixture, pressing spices and herbs into fish with your hands. Pour remaining butter into a small bowl.

2. Preheat oven to 200°. Turn on ventilation system and open windows. Heat a large cast-iron skillet over high heat until white and ashy, 8-10 minutes. Carefully place 2-3 filets in pan. Stand back to avoid smoke and pour 1 tsp. of the remaining butter over each filet. Cook until bottom of each filet appears charred, about 2 minutes. Turn filets over and pour 1 tsp. butter over each. Continue cooking until fish is cooked through (time will vary according to heat of pan). Transfer to a sheet tray on a rack and keep warm in oven. Repeat cooking process with remaining fish and butter. Serve with the warm melted butter.



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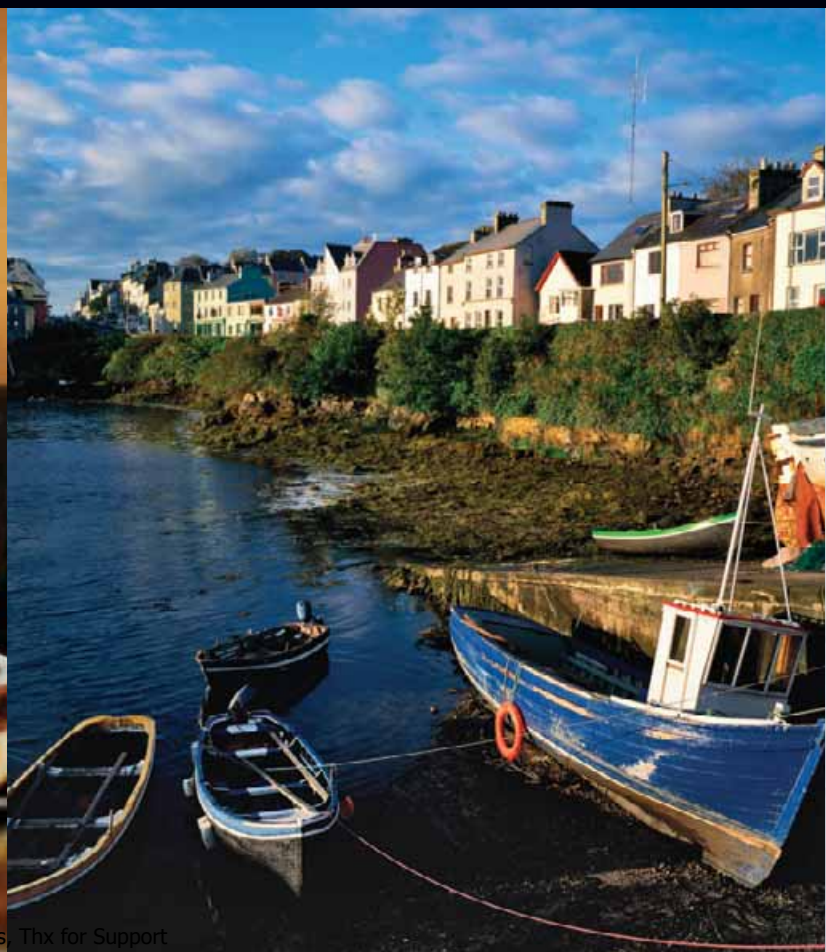
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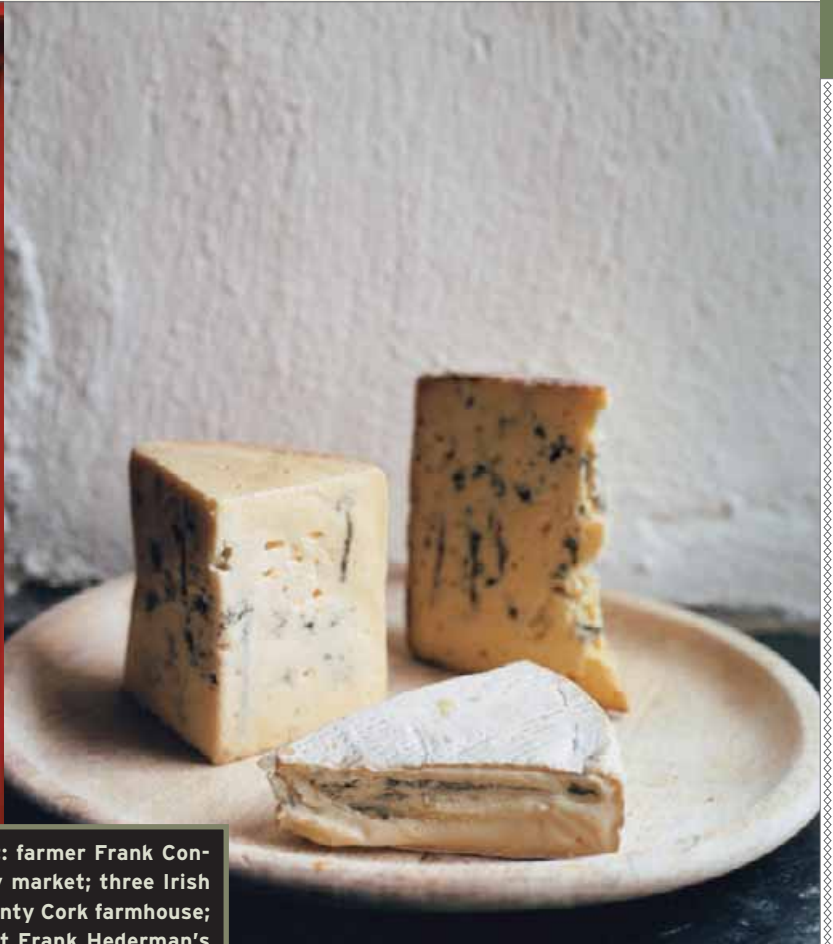
FROM FARM *to* FORK

Salmon, lamb, and farmhouse cheese; innovative chefs; one of the world's great cooking schools; delicate whiskey and hearty ale... If you've got an appetite, the Irish are ready for you

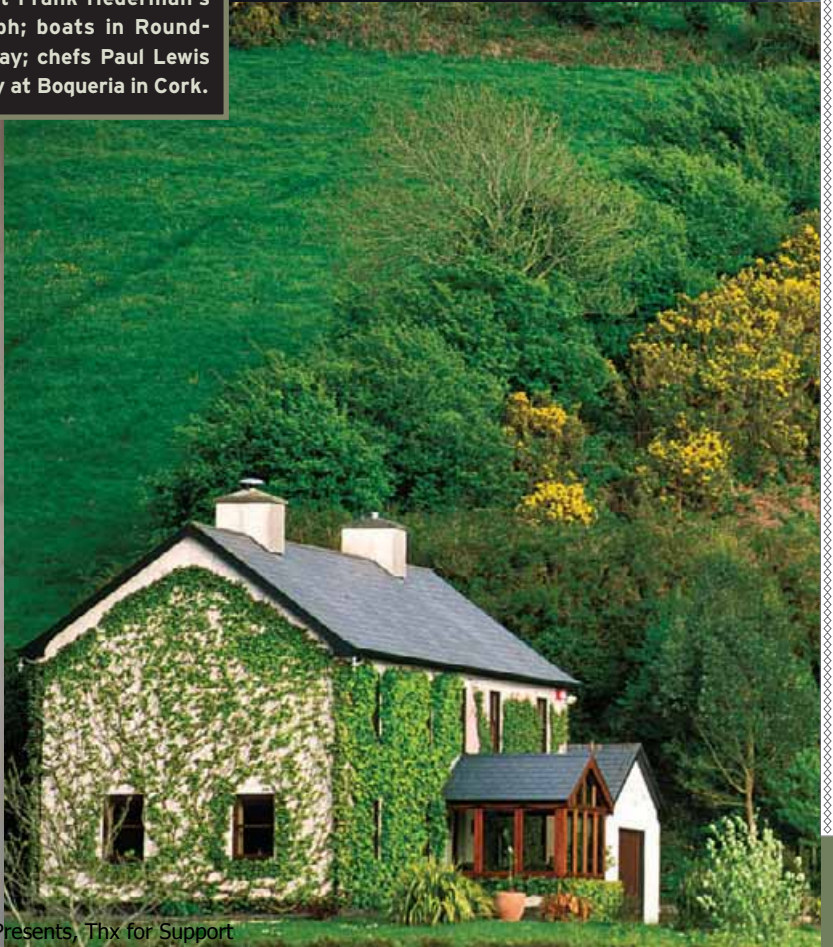
BY COLMAN ANDREWS PHOTOGRAPHS BY CHRISTOPHER HIRSHEIMER



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Clockwise from left: farmer Frank Connolly at the Galway market; three Irish blue cheeses; a County Cork farmhouse; a wooden salmon at Frank Hederman's smokehouse in Cobh; boats in Roundstone, County Galway; chefs Paul Lewis (left) and Karl Fagely at Boqueria in Cork.



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ONE MORNING LAST SPRING I had coffee in New York City with a high-placed tourism official visiting from Ireland. Having recently returned from a couple of eye-opening, gullet-straining trips around his fabled country, I found myself telling him with some animation about all the good food I'd come upon there and opining that there might be opportunities for Ireland to attract some culinary tourism from America—if not immediately, then certainly in the foreseeable future. The official was silent, and I finally stopped talking long enough to notice the expression on his face. It was one of what I can only describe as incomprehension, as if I'd just told him that I thought that Dublin's vast, gray Dollymount beach might be able to lure some of those chic boutiques and topless starlets away from Saint-Tropez.



Authentic Irish stew, inspired by a Tipperary farmer's recipe.

LET'S BE HONEST here. When it comes to food, Ireland is not France or Italy, China or Japan. It has no elaborate court cuisine, no lengthy restaurant tradition, no world-famous chefs. What it does have is a damp, relatively mild climate in which things love to grow; a large population of livestock yielding rich dairy products and flavorful meats; and well over 2,000 miles of seacoast (if you count the entire island) framed by pure, clean water teeming with fish and shellfish of the highest quality. It has, in other words, the raw materials.

It also has a thriving economy, an entrepreneurial spirit, an increasingly well-traveled population, and

a citizenry that is largely still closely connected with the land (almost everyone you meet there, even urban sophisticates, seems to have grown up on a farm or have some close relation who did). In addition, a number of support organizations are helping Irish producers, artisans, and chefs focus and improve their efforts. Among those are the Associated Craft Butchers of Ireland, the Irish branch of the Euro-Toques chefs' group, and the official Bord Bia (Irish Food Board), with its Féile Bia program (identifying restaurants and hotels that use "certified farm to fork" Irish-grown products) and its information-sharing Taste Council ("Taste" being an acronym for Tra-

ditional, Artisan, Specialty Trade Expertise [in Food]). Ireland is discovering, or rediscovering, its culinary resources; in the world of food, it's the place to watch.

That's why photographer Christopher Hirsheimer and I made four trips to Ireland between October 2004 and June 2005 to create this special section—covering thousands of miles by car, up and down and around the republic and into Northern Ireland, from Hare Island off the West Cork coast and the eerily beautiful glaciated limestone reaches of the Burren in County Clare to lively Galway and bustling Dublin and up to the pretty (despite it all) red-brick city of Belfast and the verdant landscapes of County Fermanagh. Almost everywhere we went, we saw things happening: rural entrepreneurs building little food production businesses; restaurants revising their menus to take better advantage of the native bounty; writers delving seriously into the history and culture of Irish food. If we didn't exactly find a gastronomic wonderland, we certainly found a delicious work in progress.

IRELAND is today a rich country, but it is a rich country that vividly remembers having been a poor one. Men and women in their 40s and 50s who drive Saabs and Audis and wear Burberry and Armani will sometimes tell you that they grew up in the country without indoor plumbing or electricity or walked to school barefoot, summer and winter (or knew kids who did). And everybody "remembers"

RECIPE

Irish Stew

SERVES 6-8

This classic dish is traditionally made with mutton or fatty, chewy cuts of lamb. We recommend using at least some neck or shoulder meat for better texture and flavor. There's an Irish saying that a stew boiled is a stew spoiled, so watch the pot closely as you bring the liquid to a simmer.

3 lbs. trimmed boneless lamb stew meat (preferably from the neck and shoulder), cut into 1" chunks
2 lbs. (about 4) russet potatoes, peeled and cut crosswise into thirds
7 carrots, peeled, trimmed, and halved crosswise
2 medium yellow onions, peeled and thinly sliced
2 tbsp. chopped fresh parsley
Salt and freshly ground black pepper
1½ cups shelled fresh or frozen peas

1. Preheat oven to 250°. Put the lamb, potatoes, carrots, onions, parsley, and 2 cups water into a large ovenproof pot with a tight-fitting lid. Season to taste with salt and pepper and gently stir to combine. Bring to a simmer over medium-high heat.

2. Once the stew comes to a simmer, cover the pot and transfer to the oven to let cook until the lamb is just tender, about 2 hours. Remove the pot from the oven and gently stir in the peas. Cover and return the pot to the oven. Continue cooking until lamb is fork tender, about 30 minutes more.

3. Allow the stew to sit, covered, for 20 minutes, then spoon into bowls and serve hot.

the tragic defining event of recent Irish history. As Alan Pierce, who runs an organic farm in County Wicklow (see page 61), puts it, "Our children's generation is the first that isn't afraid, in some part of their mind, that the famine will



happen again.” The famine he’s talking about, of course, involved potatoes—the Irish culinary cliché.

In her book *A Little History of Irish Food* (Kyle Cathie Limited, 1998), the County Cork food columnist and culinary historian Regina Sexton quotes an 18th-century English agronomist on the diet of the peasantry in County Sligo: “[T]he food of the poor people is potatoes, milk, and herrings, with oaten bread in summer.... They have an absolute bellyful of potatoes, and the children eat them as plentifully as they like.” This would have been true in most of Ireland at the time.

Potatoes were introduced to the island in the 16th century and, because they grew easily and vigorously in Irish soil, soon became the staple food of the agrarian poor—which is to say the vast majority of the population. Potatoes were hardly the only product of Ireland’s farms. Sexton also quotes a government official who, in 1835, told Alexis de Tocqueville, “The Irishman raises beautiful crops, carries his harvest to the nearest port, puts it on board an English vessel, and returns home to subsist on potatoes.” But potatoes, as it turned out, couldn’t be counted on. In the 1840s, a potato blight swept through Ireland repeatedly, effectively wiping out the crop. In a matter of a few years, more than a million Irish had died of malnutrition and associated diseases and another 2 million had emigrated, many of them to America.

Giana Ferguson, one of the pioneers of Ireland’s new artisanal food movement (see page 41) and married to a fourth-generation West Cork farmer, says that after the famine in Ireland “people lost all faith in the land”. What she and other rural artisans are trying to do, she explains, is to restore that faith and to revive an era of “ethical farming” in which the people who tilled the land were repositories of old farming knowledge, working not just for money but

RECIPE

Colcannon

SERVES 6-8

This is Mary Ward's version of colcannon—a dish enjoyed all over Ireland year-round but particularly associated with Halloween night, the eve of the Celtic new year. See IN THE SAVEUR KITCHEN, page 83, for a recipe using leftover colcannon.

4 lbs. large red potatoes (about 9), peeled and quartered
12 tbsp. butter
1/2 small head cabbage, cored and thickly sliced
2 lightly packed cups chopped greens (any combination of spinach, parsley, kale, or broccoli or cauliflower leaves)
1 1/3 cups milk
4 scallions, green part only, chopped
Salt and freshly ground black pepper

1. Put potatoes into a steamer basket over a large pot of simmering water and steam over medium heat until tender, about 45 minutes.

2. Meanwhile, bring 1/2 cup water and 2 tbsp. of the butter to a boil in a small pot over medium-high heat. Add cabbage, reduce heat to medium-low, and cook until just tender, about 15 minutes. Drain well, discarding liquid, and set aside.

3. Melt 2 tbsp. of the butter in a large skillet over medium-high heat. Add chopped greens and sauté until just wilted, about 2 minutes. Add cabbage and cook until heated through, 1-2 minutes, then transfer to a large mixing bowl.

4. Put milk, scallions, and remaining butter into a small pot and bring to a simmer over medium heat. Simmer until scallions are softened, 1-2 minutes, then add to cabbage mixture and cover to keep warm.

5. When potatoes are done, add to cabbage mixture and mash with a potato masher until fluffy and smooth with some chunks. Season to taste. Serve hot.

for the esteem of their neighbors. “What we’re talking about is breaking away from the great modern Irish dream of industrial riches from the land. We are in effect inventing a new peasantry. People sometimes ask me, ‘Are you mad?’”

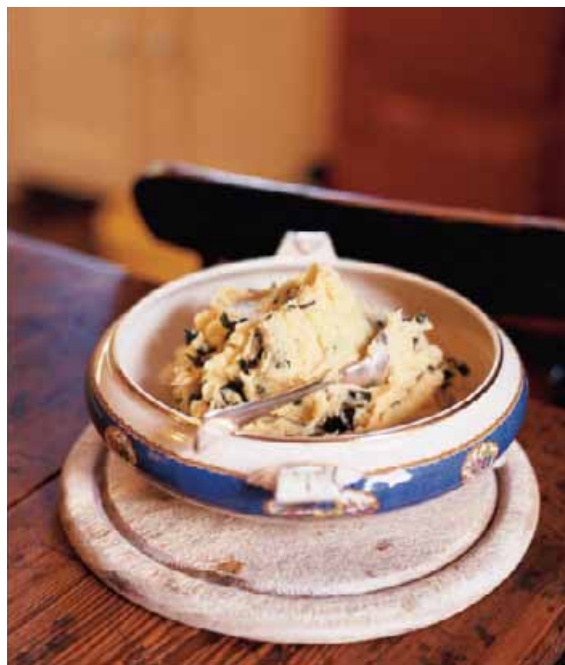
WE HAVE DINNER on a spring evening at the home of Peter and Mary Ward (see SAVEUR, March 2003), owners of Country Choice, a small but influential grocery shop and café in Nenagh, in County Tipperary. Joining us are Nancy Byrne and her daughter Anne Gernon, who run Brocka on the Water, a good restaurant near Ballinderry. The meal is built around a baby Suffolk lamb raised by Peter’s brother. We begin with slices of

it would be easier to cook!”); and colcannon, the ubiquitous Irish specialty of potatoes mashed with greens—which Mary has made with a whole handful of greens plucked from the garden. Because it is springtime, rhubarb season, we finish with a rhubarb crumble, flavored with lemon verbena, and a kind of rhubarb upside-down cake with local organic vanilla ice cream—the cake brought by Byrne and Gernon. This is unpretentious Irish home cooking of the highest order—pure pleasure.

Ah, but as food writer and retired chef Gerry Galvin (see page 57) points out, “The whole idea of eating for pleasure was not acceptable in Ireland until very recently.” With the ghost of

THE MOTHER of modern Irish cooking—the Alice Waters, if you insist—is a former East Cork farm wife named Myrtle Allen, who opened a portion of her house in East Cork as a restaurant in 1964 (see page 53). “Myrtle served home cooking in a refined environment, using whatever fresh, local foods were available,” says Gerry Galvin. “This is a commonplace now, but it was fairly revolutionary then. At the time, anything really good was expected to have been imported. We were still suffering from the notion that anything that was our own was inferior.”

The first Irish celebrity chef was Sean Kinsella, who had a Dublin restaurant called Mira-beau in the 1970s and early ’80s.



Colcannon, an Irish basic, above left; above right, Peter Ward relaxes next to the Aga in a corner of the kitchen with Molly, a Jack Russell-wirehaired terrier cross. Right, lamb's liver with whiskey and cream.

the sweet liver (a favorite meat in Ireland) cooked with whiskey and cream, then make quick work of the tiny roasted leg, well done but juicy. On the side, there is simple sautéed spinach; fat, mild local asparagus (“One day, a lady came in the store,” Peter says, laughing, “and asked why the farmer couldn’t grow the asparagus all the same length so

famine always hovering in the background, it seemed almost sinful to approach the table with sensual gratification in mind. Conspicuous consumption of food for sheer joy, on the French or Italian model, would have been unthinkable in most Irish households until the latter part of the 20th century.

“He was very eccentric,” Galvin recalls. “There were no prices on the menu. What he charged was determined by how he was with you. What he did was very simple: prime cuts of beef and lamb, the very best prawns, the very best sole.... His food was really very good.” (Kinsella closed the place about 20 years ago and

never opened another one; he now lives on a pension in a retirement home in south Dublin.)

In 1981, Frenchman Patrick Guilbaud opened an eponymous restaurant in Dublin that gave Ireland its first world-class modern French cuisine, and he's

still going strong. Guilbaud, who has two Michelin stars, uses some Irish ingredients, but his cuisine is elaborate French-contemporary with international inflections. A typical dish: "Traditional Cork City Crubbeen [pig's foot] served as a Car-

paccio, Smoked 'Andouille' and Coco Bean Dressing, Fine Herbs, Meaux Mustard Ice Cream".

Ireland's first Michelin honoree was the Arbutus Lodge in Cork, an Irish-French place run by Declan Ryan and his wife, Patsy, which won a star in 1974. Ryan went on

RECIPE

Lamb's Liver with Whiskey and Cream

SERVES 4

Peter Ward recommends that you use young spring lamb's liver for this recipe.

2 lobes (about 1 lb.) fresh, young lamb's liver (see page 88), membranes removed
 2 cups milk
 Salt
 8 tbsp. butter
 1 large yellow onion, peeled and finely chopped
 1 tbsp. Irish whiskey, preferably Jameson or Powers
 1/2 cup heavy cream
 1 tbsp. whole-grain mustard
 Freshly ground black pepper
 1 tbsp. chopped fresh garlic chives

1. Slice liver crosswise into 1/4"-thick slices and put in a single layer into a shallow dish. Pour milk over liver, sprinkle with 1/2 tsp. salt, cover with plastic wrap, and refrigerate overnight.

2. Transfer liver to a colander, gently rinse, and drain. Lay liver slices in a single layer on a sheet tray and pat both sides dry. Melt half the butter in a large skillet over medium heat. Add onions and cook, stirring often, until soft and just beginning to brown, 12-14 minutes; transfer to a bowl. Working in 3 batches, melt remaining butter and quickly sear liver until slightly golden on both sides, about 1 1/2 minutes per batch, transferring liver to a plate when done.

3. Stand back and carefully deglaze skillet with whiskey (it may flame). Add cream and mustard, whisking to remove any bits from bottom of pan. Cook until sauce has thickened slightly, about 1 minute. Return onions and liver to pan with any juices that have accumulated. Season to taste with salt and pepper and cook until liver is just heated through, 1-2 minutes. Garnish with garlic chives and serve with crusty white bread, if you like.

to earn another star at the Cashel Palace Hotel in Cashel, in County Tipperary, but gave up the restaurant business in 1999 to become Ireland's best artisanal baker, using the Arbutus name.

NORTHERN IRELAND got its first Michelin star in 1991, awarded to Roscoff in Belfast; the restaurant was opened by Paul Rankin, a local boy who had traveled the world and cooked at the then three-star Le Gavroche in London. Roscoff has closed, but Rankin now runs a

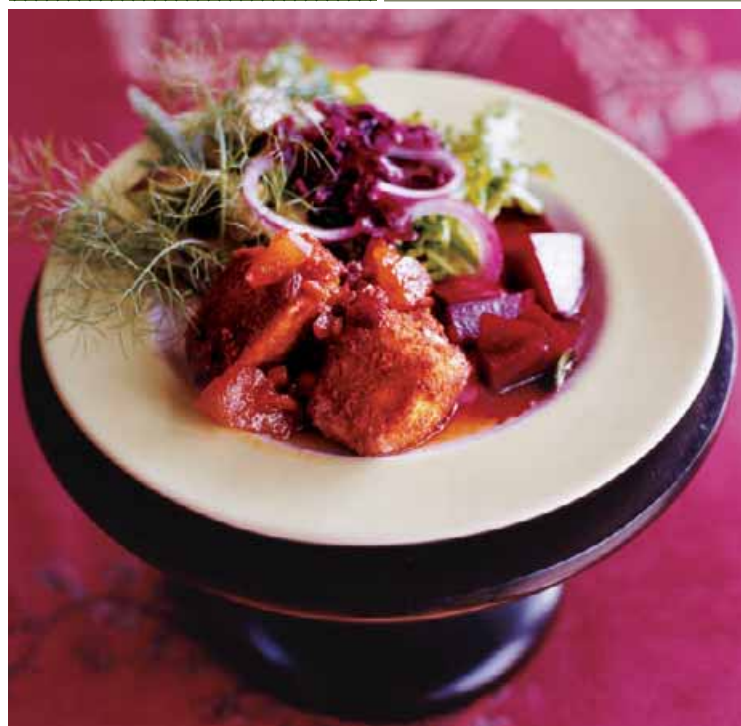
fusion place called Cayenne, the authentically French Roscoff Brasserie, and a host of more casual restaurants in Belfast and across Northern Ireland and the Irish republic. (The city's sole Michelin star at present belongs to Michael Deane; there are two other one-stars outside the city.)

Today, Ireland and Northern Ireland have scores of good restaurants around and hundreds of promising ones, serving cuisines of every kind—including “modern Irish” establishments with menus full of words like

What Ireland needs if it's going to attract visitors with its food is more good, uniquely Irish restaurants, whether modern or traditional



Above, Mary Ward cuts kale for colcannon. Below, fried Cooleeney cheese with beet salad.



RECIPE

Fried Cooleeney Cheese with Beet Salad

SERVES 6

This is our adaptation of a dish served at Brocka on the Water near Ballinderry, based on a mold-ripened soft cheese from County Tipperary called Cooleeney. Camembert would make an inexact but usable substitute.

FOR THE BEETS:

3 medium beets (1 lb.), trimmed
Salt
1/4 cup extra-virgin olive oil
2 tbsp. balsamic vinegar
Salt and freshly ground black pepper

FOR THE CHUTNEY:

3 1/2 cups drained assorted
canned fruit (pineapple,
peaches, and apricots),
chopped
1 small yellow onion, peeled and
finely chopped
1 cup white wine vinegar
1/2 cup sugar
1/4 cup black raisins
1/4 cup golden raisins
1 tsp. curry powder
1 tsp. pickling spice
1 tsp. sweet Asian chili sauce

FOR THE CABBAGE:

1 cup red wine vinegar
1 cup sugar
1/2 small head red cabbage,
cored and thinly sliced (4 cups)
1" piece ginger, peeled and minced
2 cloves garlic, peeled and minced
Pinch freshly ground black pepper

FOR THE CHEESE:

2 eggs, lightly beaten
1 1/2 cups dry bread crumbs
3 4" wheels Cooleeney (see
page 88) or camembert,
quartered
Canola oil

1 small head green leaf lettuce,
trimmed and chopped
Fronds from one fennel bulb
1 small red onion, peeled and
thinly sliced

1. For the beets: Put beets into a medium pot, cover with salted water, and bring to a boil over high heat. Reduce heat to medium-low and simmer until tender, 1 1/2–2 hours. Remove beets from pot, let cool slightly, then peel and cut into 1" chunks. Toss beets, oil, vinegar, and salt and pepper to taste in a bowl.

2. For the chutney: Combine fruit, onions, vinegar, sugar, raisins, curry, pickling spice, and chili sauce in a nonreactive medium pot; bring to a boil over medium-high heat. Reduce heat to medium-low and simmer until fruit is very tender and chutney is thick and shiny, about 1 hour. Set aside to let cool.

3. For the cabbage: Combine vinegar, sugar, cabbage, ginger, garlic, and pepper in a nonreactive medium pot. Bring to a boil over high heat. Reduce heat to medium-low; simmer until liquid is thick and cabbage is tender, 40–45 minutes.

4. For the cheese: Put eggs and bread crumbs into separate shallow bowls. Coat cheese in eggs, then dredge in the crumbs. Chill cheese on a plate in the refrigerator for 1 hour. Pour oil into a medium pot to a depth of 2" and heat over medium heat until temperature registers 350° on a candy thermometer. Working in batches, fry cheese until golden, 2–3 minutes. Drain on paper towels.

5. Arrange lettuce and fennel fronds, beets, and cheese in piles on each of 6 plates. Top greens with cabbage and onions. Spoon chutney over cheese.

lemongrass, curry, caesar, and quesadilla. What the country needs—especially if it's going to attract visitors with its food—is more high-quality, uniquely Irish places, modern or otherwise, restaurants informed by

Irish tradition and provisioned with the island's gastronomic treasures, old and new.

Meanwhile, though, as Gerry Galvin says, “You can eat as well in Ireland as you can anywhere—if you know where to go.”

PART ONE

COUNTY CORK:

FOOD CAPITAL

Its population of individualistic food-loving artisan-entrepreneurs and chefs has made this big, rich southern Irish county a gastronomic mecca



ONE COULD LOOK at West Cork as the California of Ireland,” says Frank Krawczyk, “not in its climate, but in its openness and creativity.” He should know. A bearded, studious-looking Pole who has lived in western County Cork since 1981, Krawczyk (pronounced KRAF-chek) fashions smoky, almost gamy salamis and

other hard sausages that are not quite like anything you’ve ever had before. “I tried to create something with a specific character of its own,” he says, “something that defines the nature of West Cork—which is rural but cosmopolitan, very diverse in many ways, and probably the most forward-thinking place in Ireland.”

It is also the country’s gastronomic capital—its Burgundy as much as its California (if unfortunately lacking the capacity for viticulture that is the pride of those two places). It was in West Cork—which stretches west of Cork City to the County Kerry line—that the modern-day Irish artisanal food movement was born. Today the region boasts artisanal salmon smokers and sausage makers, an artisanal miller, a host of Ireland’s best cheese producers, and a number of good restaurants, some wonderfully eccentric. The eastern part of the county, meanwhile,

The English Market in Cork City; there’s been a market on the site since 1610, but this building dates from 1786.

is home to the seminal Ballymaloe House, bailiwick of the legendary Myrtle Allen, and the Ballymaloe cooking school, one of the best in Europe (see page 53)—and of the jewel-like Midleton Saturday market. If you love food and are coming to Ireland, County Cork is an essential destination.

FARMHOUSE cheese making isn't new to County Cork. In an essay on Irish cheeses published in 1937, the poet and politician Oliver St. John Gogarty mentions a number of cheese-producing dairies in the

region, among them Ardagh and Mitchelstown ("greatest of all"). "The story goes," he adds, "that when application was made to Denmark for an instructor to teach the Irish the art of butter and cheese production and preservation, the Danish authorities apologised for being unable to lend their best expert 'because he had just gone back to Cork!'" The diversion of milk to make standardized cheddars and the like during World War II effectively wiped out the production of unique local cheeses. Then along came Norman Steele, an English-

born professor of philosophy at Trinity College, Dublin, and his wife, Veronica, a native Dubliner. In 1976, the Steeles, who were living on a farm in Eyeries, a hamlet on West Cork's rugged Beara Peninsula, found themselves with, as Norman puts it, "a one-horned cow named Brisket and too much milk". The idea of making cheese occurred to them. "We got all the leaflets," says Norman. "We also found a book called *The Cheeses and Wines of England and France with Notes on Irish Whiskey* by a man named John Ehle. The leaflets

RECIPE

Nettle Soup

SERVES 6-8

Nettle soup has long been eaten as a spring tonic. Look for nettles at farmers' markets throughout the spring and early summer. Nettles are covered with nearly invisible sharp hairs that can sting painfully (cooking renders them harmless). Giana Ferguson, whose recipe this is, recommends that you wear rubber gloves when handling nettles. Wash them well, and use only the tips and tender leaves, snipping them off with kitchen shears.

- 2 tbsp. butter
- 1 medium yellow onion, peeled and chopped
- 7 cups duck stock or 5 tbsp. glace de canard (see page 88) dissolved in 6¼ cups hot water
- 2 medium russet potatoes, peeled and chopped
- 1 leek, trimmed, white and light green parts only, washed and chopped
- 3 tightly packed cups young nettle tips and tender leaves (about ¼ lb.)
- Salt and freshly ground black pepper
- 2 tbsp. fresh lemon juice

1. Melt butter in a medium pot over medium heat. Add onions and cook, stirring often, until softened, 6-8 minutes. Add the duck stock, potatoes, and leeks and bring to a simmer. Reduce heat to medium-low and simmer gently until potatoes and leeks are soft, about 15 minutes. Add the nettles, season to taste with salt and lots of pepper, increase heat to medium, and cook until nettles are tender, 5-7 minutes.

2. Working in batches, carefully purée the hot soup in a blender until smooth, 2-3 minutes per batch. Pour puréed soup into a clean medium pot and reheat. Add lemon juice and adjust seasonings. Stir in some cream before serving, if you like.



When Norman and Veronica Steele found themselves on a West Cork farm with a one-horned cow and too much milk, they decided to make cheese



Frank Krawczyk, with sausages, outside his smokehouse, left; right, an old stone farmhouse in Schull. Facing page, nettle soup at Gubbeen.





told you how to make cheese, but Ehle told you what cheese was.”

The Steeles began experimenting, finally creating a washed-rind cheese with a complex floral flavor and a creamy texture. “This was the cheese that wanted to be here,” says Veronica. They dubbed their creation Milleens, the name of their farm. As word of their success spread, the Steeles started giving cheese-making courses to anyone who was interested. “Almost everybody who came went on to make



cheese of their own,” says Norman. Today the Steeles’ son, Quinlan, is in charge of production.

THE SECOND West Cork artisanal cheese maker was Jeffa Gill, with her Durrus—a semisoft raw-milk cows’ milk cheese, a little fruity and pleasantly pungent—made near the town of the same name. Like Norman Steele, Gill is from England originally, and like the Steeles she started producing cheese because she had plenty of milk. Echoing Veronica Steele, she says, “The milk makes its own cheese. I just let it happen.”

Giana and Tom Ferguson craft another of West Cork’s famous cheeses, Gubbeen, at their farm in Schull, while their son, Fingal, produces artisanal sausages and cured meats next door. Giana, too, is English, but grew up in Spain and France. “Then you marry a West Cork farmer,” she says, “and

suddenly have all this beautiful milk...” She proudly shows us her piglets, her small but immaculate cheese-making facility, and Fingal’s smokehouse, where he makes mostly Mediterranean-inspired charcuterie, including excellent salami and garlic sausage.

Then the Fergusons invite us

into their handsome, cluttered farmhouse kitchen, warmed by an ancient Aga oven, for lunch. We eat a soup of just-picked nettles, simple and nicely tart (see recipe, previous page); roast pork loin from one of their own pigs, with fat so soft and sweet that it’s impossible to think of it as villainous; and then

a dessert of faintly iodine-scented carrageen seaweed cooked in milk with nutmeg and brown sugar. As we nibble on pieces of ripe Gubbeen, creamy and a little sour, with a nutty flavor not unlike that of reblochon, Giana talks about the obstacles facing artisanal cheese makers in Ireland—mostly having



RECIPE

Spinach, Red Onion, and Coolea Cheese Tartlets with Parsley-Walnut Pesto and Olive-Crushed Potatoes

SERVES 6

This is our adaptation of a dish served at Café Paradiso in Cork.

FOR THE PESTO:

1 packed cup parsley leaves
2 tbsp. walnuts, lightly toasted
1 clove garlic, peeled
1/4 cup olive oil

1/4 cup light brown sugar
2 tbsp. balsamic vinegar
Freshly ground black pepper
10 oz. spinach, trimmed (8 cups)
1/4 lb. Coolea (see page 88) or
young gouda, thinly sliced

FOR THE TARTLETS:

7 tbsp. cold butter
1 2/3 cups flour
Salt
5 tbsp. olive oil
6 medium red onions, peeled
and thinly sliced

FOR THE POTATOES:

1 1/2 lbs. large red potatoes,
peeled and quartered
1/4 cup olive oil
2 tbsp. chopped black olives
Salt and freshly ground pepper

1. For the pesto: Put the parsley, walnuts, and garlic into a food processor and pulse until mixture is coarsely puréed, 15-20 seconds. While still pulsing, drizzle in the oil. Transfer pesto to a small bowl, cover with plastic, and refrigerate.

2. For the tartlets: Preheat oven to 375°. Put butter, flour, and 1/4 tsp. salt into a food processor and process until mixture resembles fine bread crumbs, about 30 seconds. Transfer to a medium bowl, add 1/4 cup ice water, and stir gently to combine. Shape dough into a disk, wrap in plastic wrap, and let chill for 30 minutes.

3. Roll out the dough into a 12" x 15" rectangle. Cut out six 4 1/2" circles and press each into a 3 1/2" tartlet pan. Prick crusts with a fork a few times, cover with plastic, and return to refrigerator to let chill for 1 hour.

4. Place tart pans on a sheet tray and bake until lightly golden, about 20 minutes, then set aside. While crusts are baking, heat 3 tbsp. of the oil in a large skillet over medium heat. Add onions and cook, stirring often, until soft and beginning to caramelize, about 20 minutes. Stir in sugar and vinegar and continue to cook until onions are very soft and the liquid is syrupy, 8-10 minutes. Season to taste with salt and pepper, transfer to a bowl, and set aside.

5. Bring a large pot of salted water to a boil over high heat. Blanch spinach for 30 seconds, then transfer spinach to an ice bath. Drain well. Squeeze remaining water from spinach with your hands, then coarsely chop. Transfer spinach to a medium bowl, toss with remaining oil, and season to taste with salt and pepper. Divide spinach evenly between tartlet shells, then divide onions evenly over the spinach. Top each tartlet with cheese and bake until cheese melts slightly and begins to brown, 15-20 minutes. Keep in a warm spot.

6. For the potatoes: Meanwhile, cook potatoes, covered, in a steamer basket set over a large pot of boiling water over medium heat until tender, 25-30 minutes. Let potatoes cool slightly, then coarsely chop. Heat oil in a medium skillet over medium-high heat, add potatoes, and cook, crushing potatoes with the back of a wooden spoon, until golden. Transfer potatoes to a medium bowl, stir in olives, and season to taste with salt and pepper.

7. Spoon 2 crossing lines of pesto into the center of a warm plate; arrange a tartlet in one section and a spoonful of potato mixture (shape into a cube, if you like) in another. Repeat process with remaining pesto, tartlets, and potatoes.

to do with governmental regulation and rigorous inspection. "In France, the man who'd be regulating the cheese would have known brie and vacherin all his life," she points out. "Not so here. Our position is that cheese making *can't* be seen as dangerous. We're a part of our cheese, and we're a part of our environment—part of the warmth and softness of West Cork."

SALMON IS revered in Ireland—in Irish folklore, the great warrior

highly of organic farmed fish, which he uses increasingly to produce his elegant, medium-smoky product. "The salmon we buy are raised in cages out at sea," he says, "so they're actually able to swim. Their texture is much closer to that of wild fish than to most farmed salmon." Sally Barnes of the Woodcock Smokery in Castletownshend, on the other hand, says, "I don't process any farmed fish of any description." Barnes, who came to Ireland from Scotland 30 years ago, started



Miller Donal Creedon with a handful of wheat, above left; right, Creedon's Macroom oatmeal at Boqueria in Cork City. Facing page, from left, chef Denis Cotter of Café Paradiso; his spinach, red onion, and Coolea cheese tartlets with parsley-walnut pesto and olive-crushed potatoes.

Fionn mac Cumhail (Finn Mac-Cool) gains *imbas* (poetic intuition) by tasting the Salmon of Wisdom; *bradán beatha* (salmon of life) is an Irish idiom meaning life essence—and the idea of smoking it dates back thousands of years. Today there are two artisanal salmon smokers in West Cork, and they're in the middle of a stew. A lobby of sportfishermen and conservationists wants to ban commercial drift-net salmon fishing, and Slow Food (which is taken very seriously in Irish artisanal circles) has at least temporarily suspended its support of smokers who use wild salmon.

At his Ummera smokehouse in Timoleague, Anthony Creswell (yet another English transplant) uses some wild salmon but speaks

smoking fish (initially in an old tea chest with a hole in it) when she was married to a commercial salmon fisherman. Her salmon is a bit racy, saltier and smokier than Creswell's; she also produces delicious smoked mackerel. "It isn't drift-netting that's harming the catch," says Barnes. She points out that the president of the North Atlantic Salmon Conservation Organization has identified dozens of factors contributing to the decline in salmon stocks.

ONE NIGHT we're invited to dinner by a young food writer and television personality named Clodagh McKenna, at her cottage near the picture-book fishing village of Courtmacsherry, not far from (continued on page 48)





Clockwise from top left: pigs at Gubbeen; Clodagh McKenna picks wild greens; cheeses from County Cork and beyond; Norman Steele at Milleens; gorse, ubiquitous in Ireland; nonagenarian sisters Nell (left) and Julia Levis at Levis' Bar in Ballydehob; Ballydonegan Bay, on the Beara Peninsula.



(continued from page 45) Timoleague. McKenna runs a small artisanal food production business of her own, turning out assorted terrines and a silky-smooth but vividly flavored chicken liver pâté, among other things. She is a natural cook, with her head on straight and a confident hand. She has bought fish just out of the water from a local fisherman—mackerel and Ireland's exquisite black sole—and has gathered little lettuces from her tiny damson-framed garden and wild herbs from a nearby wood. In a small kitchen brightened by jars filled with bluebells

and geraniums on the ledge of a window looking out to the sea, she prepares a meal that begins with a salad of greens enhanced with tiny cubes of Gubbeen and lardons of Fingal Ferguson's bacon. The mackerel is then fried with lemon juice and a minced red chile; the sole is sizzled in garlic butter and scattered with chopped wild garlic flowers. Pots of carrageen lemon pudding, airy and only faintly sweet, are dessert (see recipe, page 52). The freshness and simplicity of the meal eloquently express what modern Irish food can be.



To sample the artisanal bounty of County Cork, visit a tapas bar called Boqueria, shop at Cork City's English Market, or eat at the market's Farmgate Café

ONE OF THE best places to sample the artisanal bounty of County Cork, surprisingly, is a stylish tapas bar in Cork City called Boqueria (see *SAVEUR*, January/February 2006). The context may be Spanish, but the food is often Irish. The cheese plate, for instance, might start with the expected manchego and continue with Gubbeen, Crozier Blue (a lovely sheep's milk cheese from County Tipperary), and a couple more of Ireland's finest. The charcuterie plate might combine serrano ham and Spanish chorizo with Gubbeen saucisson and Frank Krawczyk's dry salami. And at Saturday brunch at Boqueria, a welcome variation on the traditional Irish breakfast—delicious



Afternoon tea at the casual portion of Farmgate Café, above. Top, Declan Ryan with his Arbutus breads. Right, Farmgate's corned beef with parsley sauce, champ, mashed carrots and parsnips, and broccoli.





RECIPE

Corned Beef with Parsley Sauce, Champ, Mashed Carrots and Parsnips, and Broccoli

SERVES 4

This recipe comes from the Farmgate Café in Cork's English Market. Ask your butcher for corned beef made with the "silverside" of the round.

FOR THE CORNED BEEF:

2 lbs. "silverside" corned beef
2 carrots, trimmed, peeled, and chopped
1 large onion, peeled and chopped

FOR THE CHAMP:

1³/₄ lbs. (about 3) yukon gold potatoes, peeled
1/2 cup milk
3 scallions, trimmed and sliced
4 tbsp. butter
Salt and freshly ground black pepper

FOR THE CARROTS AND PARSNIPS:

5 carrots, peeled, trimmed, and chopped
3 parsnips (about 1/2 lb.), peeled, trimmed, and chopped
Salt

2 tbsp. butter

Freshly ground black pepper
1/2 tsp. chopped fresh parsley

FOR THE BROCCOLI:

Salt
1 head broccoli, trimmed and cut into 4"-long spears
2 tbsp. butter
Freshly ground black pepper

FOR THE PARSLEY SAUCE:

2 tbsp. butter
2 tsp. finely chopped yellow onion
2 tbsp. flour
3/4 cup milk
1 tsp. chopped fresh parsley
1/2 tsp. english mustard
Pinch freshly grated nutmeg
Salt and freshly ground black pepper

1. For the corned beef: Put beef, carrots, and onions into a large pot, cover with water, and bring to a boil over high heat. Reduce heat to medium-low, skim foam, cover, and simmer until tender, about 2 1/2 hours. Reserve 3/4 cup of the cooking liquid.

2. For the champ: Put potatoes into a steamer basket set over a large pot of boiling water, cover, and steam over medium heat until tender, 1 hour. Put milk, scallions, and butter into a small pot and simmer over medium heat until scallions have softened, about 1 minute. Mash potatoes and milk mixture in a bowl with a potato masher until fluffy. Season with salt and pepper.

3. For the carrots and parsnips: Put carrots and parsnips into a medium pot, cover with salted water, and bring to a boil over medium-high heat. Reduce heat to medium-low and simmer, partially covered, until carrots and parsnips are tender, 30-35 minutes. Drain, transfer to a bowl, and mash with butter and parsley. Season to taste with salt and pepper and set aside.

4. For the broccoli: Bring a large pot of salted water to a boil over high heat. Blanch broccoli spears in batches until just tender, 3-5 minutes, transferring as done to an ice bath to let cool. Drain well and set aside.

5. For the parsley sauce: Melt butter in a small saucepan over medium heat. Add onions and cook until just softened, about 1 minute. Whisk in flour and cook until light golden, about 1 minute. Whisk in reserved beef cooking liquid, milk, parsley, mustard, and nutmeg and whisk until smooth. Season to taste with salt and pepper and cook, whisking, until thickened, 4-5 minutes.

6. Reheat champ and carrots and parsnips in separate pots. Melt butter in a large skillet, add broccoli, and heat through, then season. Slice corned beef and serve with parsley sauce, champ, carrots and parsnips, and broccoli.

RECIPE

Panfried Sole with Garlic Butter

SERVES 2

Wild flowering garlic, or ramsons, with its delicate white blossoms, thrives during the spring in Ireland. Check farmers' markets for wild or spring garlic (though garlic most often found in the United States has large purple flowers instead of small white ones). Garlic chives or the greens from spring garlic are a good substitute for wild garlic greens. Clodagh McKenna prepares this dish with black sole; we made it here with more readily available dover sole.

8 tbsp. butter, softened
 1/2 cup chopped garlic chives
 or greens of spring garlic
 4 (1/3"-thick) skinless, boneless
 dover sole filets (about 1 lb.)
 Sea salt and freshly ground
 black pepper
 Wild garlic flowers (optional)

1. Preheat oven to 200°. Put the butter and wild garlic greens into a medium bowl. Using the back of a spoon, cream butter and greens together until well combined. Divide half of the garlic butter between 2 small bowls and set aside.

2. Melt a third of the remaining garlic butter in a large skillet over medium-high heat. Carefully place 2 of the filets, skin side up, in the skillet, season to taste with salt and pepper, and cook until bottom is just beginning to turn golden, 1-2 minutes. Flip filets over and continue cooking until filets are cooked through, about 1 minute more. Transfer filets to a rack set in a sheet tray and place in the warm oven. Repeat process with half of the remaining garlic butter and fish.

3. Wipe out the skillet, then add the remaining garlic butter and melt. Meanwhile, arrange filets, slightly overlapping, on a warm serving platter. Drizzle melted garlic butter over the filets. Serve with the bowls of garlic butter on the side and garnish with wild garlic flowers, if you like.



but daunting—typically includes such specialties as salmon smoked by Frank Hederman in Cobh (see below), sausages and bacon from Caherbeg Free Range Pork in Rosscarberry, former restaurateur Declan Ryan's crusty Arbutus breads, and Donal Creedon's Macroom oatmeal, from the town of that name west of Cork City. (Stone ground and very coarse, it's different from anyone else's in Ireland, full of flavor when simply cooked and immensely satisfying in its grainy texture.)

Most of these same products may also be bought at Cork's English Market. All of Cork seems to come to this small but densely populated indoor market in the heart of the city, with its pretty ceiling of leaded glass and shaped wood suggesting an inverted ship's keel, to shop at places like Gerry Moynihan Poultry, Bresnan's Victuallers ("Traditional Family Butchers"),

On the Pig's Back, Mr. Bell's Oriental Foods, K O'Connell's seafood shop, and Frank Hederman's smoked-fish stand.

Hederman, from the East Cork port town of Cobh, is the county's third artisanal salmon smoker. "Sally Barnes and Anthony Creswell and I all started at about the same time, in the 1980s, unknown to each other," says Hederman. "It's funny how that happens. It was the same thing about a hundred years ago, when all the Cork vernacular bakers started up within a few years of each other." Hederman smokes his salmon, both wild and organically farmed (he also makes a remarkably subtle, buttery smoked mackerel, among other products), with sea salt, over beech chips. "I'm interested in creating awareness of the distinctiveness of our product," he says. "We have great raw materi-

als in Ireland, but we have to add value to them. To be a success, we've got to make sexy food."

UPSTAIRS at the English Market, around the central atrium, is the Farmgate Café, which consists of an open café with photographs of local farmers and artisanal producers on the walls and an attractive self-service menu (shepherd's pie, tripe and onions, assorted sandwiches and salads) and a small glassed-in

"We have great raw materials in Ireland, but we need to add value to them," says East Cork artisanal salmon smoker Frank Hederman



Fishing nets and floats in Courtmacsherry, above. Top left, panfried sole with garlic butter.

restaurant where the excellent traditional fare might include lamb's liver and bacon, tripe with drisheen (the Cork "blood pudding"), and a definitive corned beef with parsley sauce served with broccoli, mashed carrots and parsnips, and champ (potatoes mashed with scallions),

SEAWEED *and* CHEESE

As culinary couples go, Maja Binder and Olivier Beaujouan are one of the more original. Beaujouan trained to be a charcutier in his native Tours, first visited Ireland as a backpacking student, and moved there permanently about ten years ago—ending up in County Cork, like so many food lovers. “Six years ago,” he says, “I stopped working for other people and went into business for myself. I started with organic pesto, then made pork pâté, then seafood sausages.” Along the way, he took a shiatsu massage course and discovered, eating Japanese food with fellow students, that he liked seaweed—something it never would have occurred to him to eat in France.

Edible seaweed of many varieties—most notably dulse (also called dillisk), sloke (*sleabhacán* in Irish), and carrageen (whose name derives from the Irish *carraigín*, “little rock”)—abounds off the Irish coast and especially in the unpolluted waters on the island’s western side. The Irish have consumed it for hundreds of years—as a medicine, a condiment, an addition to breads and soups, a flavoring for mashed potatoes, even a gelling agent for desserts (see recipe, page 52). “I started going and picking up seaweed on the beach,” says Beaujouan, who had by that time moved to County Kerry. “I’d ask the old people which

ones were best for eating and did some experimenting of my own. I tried pickling some, which worked very well. Now I harvest seven kinds of seaweed, just finding them on the beach, mostly in the summer.”

Seaweed brought Beaujouan and Binder together. She is German, from Pforzheim. “I was always interested in organic farming and used to volunteer to work on small farms when I was a teenager,” she says. “As soon as I left school, I started training to make cheese, working at little artisanal dairies in Germany, Switzerland, and Italy. I came to Kerry because my mother had moved here



County Kerry seaweed forager and food producer Olivier Beaujouan and cheese maker Maja Binder, left, with sons Lennox (left) and Alain and dog Gianna. Right, Binder’s seaweed-flecked Dingle Peninsula cheeses maturing in the cheese room.



and because I couldn’t have made cheese like this, in my own style, in Germany.” She started making a faintly sweet, semisoft raw cows’ milk cheese and two variations, one with specks of dulse throughout and a firmer version, with a layer of dulse in the middle like the layer of ash in morbier.

Binder got the idea of putting seaweed in cheese from a gouda with seaweed she saw in a German market. “I met Olivier,” she says, “because he was the one selling seaweed. We started going to the market in Tralee together, him with his seaweed and pâtés and me with my cheeses, and then we began traveling around

Ireland.” Today they live together, with their three children and a dog, in a house on a little hill near the sea on County Kerry’s Dingle Peninsula—the westernmost part of Ireland (the Dingle village of Dunquin, or Dún Chaoin, has been called “the next parish to America”).

Unlike her counterparts in West Cork, Binder says, she has no problems with the health inspectors. “Our inspector loves cheese and wine,” she reports. “He even joined Slow Food and goes to meetings with us.” She points at the wooden shelving and ceilings in her cheese room. “I wouldn’t be allowed to do this in West Cork,” she says with a smile. —C.A.

RECIPE

Carrageen Lemon Pots

SERVES 6

Carrageen moss contains a natural gelatin that is used as a thickener in many commercial food products. Clodagh McKenna sometimes uses lemon balm instead of lemon zest to flavor this pudding. Note that the pudding is only faintly sweet. For an “egg-safe” version, substitute pasteurized eggs in the recipe.

1/4 oz. (about 1/2 cup) dried carrageen moss (see page 88)
 3 cups milk
 3/4 cup heavy cream
 1 vanilla bean
 Wide strips of zest from 1 lemon
 2 eggs, separated
 1 tbsp. superfine sugar

1. Put carrageen into a medium bowl, cover with lukewarm water, and let soak for 15 minutes. Drain well through a fine sieve.

2. Put carrageen, milk, cream, vanilla bean, and lemon zest into a small pot and bring to a boil over medium-high heat. Reduce heat to medium-low and simmer, stirring occasionally, until thickened, about 30 minutes. Strain milk mixture through a fine sieve set over a medium bowl. Push all of the natural gelatin from the carrageen through the sieve with the back of a spoon, discarding any solids that are left. Put the egg yolks and sugar into a medium bowl and whisk until pale and frothy, 1-2 minutes. Slowly pour the milk mixture into the yolk mixture, whisking rapidly to combine. Set aside.

3. In another medium bowl, whisk the egg whites with a clean whisk until stiff peaks form. Fold the egg whites into the egg yolk-milk mixture, stirring gently to break up any lumps.

4. Divide pudding between 6 small 3/4-cup glasses, cover with plastic wrap, and refrigerate until set and chilled throughout, about 3 hours. Serve cold.



Clockwise from above: Clodagh McKenna's carrageen lemon pots; Cobh salmon smoker Frank Hederman; Sally Barnes of West Cork's Woodcock Smokery; fileted mackerel in Barnes's smoker.

representing the colors of the Irish flag (see recipe, page 49).

The best restaurant in Cork, however, might very well be Café Paradiso—a modest, rather bohemian-looking place, serving food that is absolutely original and very good. Chef Denis Cotter, who owns the place with his wife, Bridget Healy, has been a vegetarian “forever”, he says, and for five years cooked “whole foods” dinners at Cork's Quay Coop. A trip to Healy's native New Zealand in 1992 turned his head around. “Fusion cooking was exploding in the Pacific, and I realized there was so much more I could do.”



Today, no longer limited by the restrictions of the whole-food diet but still resolutely vegetarian, Cotter uses first-rate products (he is a regular at the English Market), cooks skillfully, and has a well-developed sense of contrast and counterpoint in his food. The menu changes often, but among the

dishes we've enjoyed are beet-filled mezzaluna pasta with hazelnuts; a tartlet of spinach and long-cooked red onions topped with melted Coolea cheese, garnished with parsley-walnut pesto and olive-crushed potatoes (see recipe, page 45); couscous, pine nut, and feta cake with sweet and hot chile jam, yogurt sauce, and spicy chickpeas; galette of leeks, celeraic, and Cashel Blue (Crozier's cows' milk sibling) with mashed jerusalem artichokes and



green beans flavored with caraway and orange; and sticky fig and ginger pudding with cinnamon ice cream and caramelized banana. It's food that manages to express both sophistication and down-home goodness—two qualities to which County Cork is no stranger at all.

PART TWO

HEART

and

HEARTH

“Ballymaloe” is the magic word in Irish food today—the name of both Ireland’s most influential restaurant and its finest cooking school

I WAS AWAY at school when my mother told me she was opening a restaurant at our house,” recalls Tim Allen, Myrtle Allen’s son. “I was very excited. I thought I’d come home and have chips and mixed grills and all. I was so disappointed when I got back and discovered that she was serving the same food I’d eaten all my life.” Though he didn’t realize it at the

time, the food Tim Allen had eaten all his life was something of an endangered species: fresh, honest Irish home cooking based on ingredients grown or raised around the house, or at least in the neighborhood. And his mother was to become the leading light of modern-day Irish cooking, a mentor and an inspiration, as important to her country’s cuisine as Alice Waters was to America’s.

In 1948, Myrtle and her husband, Ivan, a fruit grower (now deceased)—who were living on a farm in Shanagarry, not quite 20 miles southeast of Cobh—moved to a house nearby called Ballymaloe. (The name means place of sweet honey, says Tim, or possibly of milk and honey; Shanagarry is an English corruption of the Irish for old garden.) The house, originally part of a 15th-century Norman castle, sat

Myrtle Allen, right, with a loaf she has just baked of the brown bread she helped popularize throughout Ireland.



RECIPE

**Doris Grant's
Brown Bread**

MAKES TWO 5" x 8½" LOAVES

This is based on Myrtle Allen's version of a simple no-knead, one-rise bread developed at the request of the British government during World War II by English cookbook writer Doris Grant. After Allen started serving it at Ballymaloe, it became popular all over Ireland.

1 tbsp. butter
2 7-gram packets active dry yeast
2 tbsp. black treacle (see page 88)
10 cups stone-ground whole wheat flour
1½ tbsp. fine sea salt

1. Preheat oven to 200°. Grease two 5" x 8½" loaf pans with butter and set them aside in a warm spot. Put yeast into a small glass bowl, add treacle and ½ cup lukewarm water, and stir to dissolve. Set aside and let rest until yeast bubbles and becomes frothy, about 10 minutes.

2. Put flour and salt into a large ovenproof bowl and stir well to combine. Place bowl in oven and let rest until flour mixture is warmed through, about 10 minutes. Remove bowl from oven, add the yeast mixture and ¾ cups lukewarm water, and mix together with your hands until well combined and a sticky dough forms.

3. Increase heat to 400°. Divide dough evenly between the 2 prepared loaf pans, cover with a clean kitchen towel, and let rise in a warm spot until bread has grown by one-third, 15-20 minutes. Bake bread on middle rack of oven until the loaves are browned on top, about 45 minutes. Loosely cover loaves with foil, then continue to bake for 25-30 minutes more.

4. Let bread cool in pans for 10 minutes, then gently run a table knife around inside edges of pans to loosen. Turn loaves out onto a rack and let rest until completely cool, 2-3 hours.

on the edge of a large mixed-used farm. Ivan raised a wide variety of fruits and vegetables on the property, and Myrtle raised six children. "In 1943, in wartime," she has written, "large quantities of tomatoes, mushrooms, cucumbers and apples were...exported from the farm to England and Wales. The surplus came into my kitchen along with cream, butter

of Ballymaloe as a guesthouse, at least partly because this made it easier for her to get a liquor license for the restaurant. Gradually, word of her homey, savory cooking spread, and Ballymaloe became a culinary destination.

Today the restaurant remains one of Ireland's best. As you'd expect with what is essentially home cooking based largely on

range pork with herbs and garlic and Bramley apple sauce. The dining room shines the brightest, though, with its Friday-night seafood buffet, sometimes carried over through the weekend—in effect, a glorious Italian-style antipasto table with an Irish accent. On our most recent visit, we had tiny fresh mussels, rock oysters, cockles, crabmeat, Frank Hederman's smoked mussels and mackerel and eel, and various nonpiscatorial items including pâtés of chicken liver and of pork with chicken and bacon, thin-sliced seared eggplant, pickled onions, pickled beets, and salads of cucumber and tomato.

Allen has long been much more than just a restaurateur, though. Convinced that Irish products and honest Irish cooking were as good as any in the world, she became an eloquently vocal and tireless exponent of Irish food, both in Ireland and abroad. She traveled, taught, appeared on radio and television, wrote books. She organized "Taste of Ireland" events in Amsterdam, Brussels, and New York. From 1981 through 1985, she helped run an Irish restaurant in Paris, La Ferme Irlandaise—named one of the city's top ten "foreign" restaurants. She founded Euro-Toques Ireland and later was president of that international organization for three years. In her native Cork, she started a consumers' group, Free Choice, to support and promote local artisanal producers.

Today Allen is formally retired, leaving her daughter-in-law Hazel to run the hotel and young (unrelated) Jason Fahey in charge of the kitchen, but she remains bright-eyed and vigorous and seems never to stop moving—welcoming visiting culinary dignitaries, driving off to Cork City to take part in a symposium or around the county countryside to drop in on artisanal cheese makers and organic farmers, whom she has championed for decades. Even when she agrees



Darina Allen, Myrtle Allen's daughter-in-law, who runs the Ballymaloe Cookery School and related enterprises with her husband, Tim.

and eggs and slowly I learnt how to cook with them, guided by my gourmet husband." She also took cooking classes at the School of Commerce in Cork City and started writing a recipe column for the *Irish Farmers Journal*.

In 1964—to her son Tim's initial excitement—she opened a restaurant in the house, originally dubbed the Yeats Room. Three years later, she opened a portion

ingredients from the garden or from nearby farms—and on just-landed fish from nearby Ballycotton and shellfish from West Cork—the menu changes constantly. In general, soups (lettuce and mint, for instance) are simple and flawless; salads glisten with freshness. Main dishes are straightforward and taste of what they are—food like roast cod with champ or roast leg of free-

IRELAND'S *Perfect* CONDIMENT

If Ireland doesn't have much of an indigenous cheese-making tradition, that may be at least in part because Irish butter *is* cheese—or as good as cheese, at any rate, as flavorful and rich and appealing and as amiable a companion to a piece of bread. To look at it another way, when bread—and potatoes—is the soul of your diet, butter isn't just a nicety; it's an essential condiment. One of Ireland's greatest natural resources is its grass, which grows fast and thick and full of nutrients in its damp but moderate climate—and especially in Munster, the southernmost province of the island, encompassing the counties of Kerry, Cork, Clare, Limerick, Tipperary, and Waterford. This grass is

responsible for the quality of Ireland's famous beef and lamb and its superlative, almost definitive, milk and butter—the latter a substance, archaeological discoveries have demonstrated, that has been made here for at least 2,000 years.

Munster's major port—and the largest port in Ireland after Dublin—is Cork City, and in the 18th century beef and butter were the most important commodities it shipped. Following a decline in the beef trade in the early 19th century, butter assumed even greater financial importance to the city. Highways constructed in part to help farmers transport butter from the hinterlands to Cork crisscrossed southern Ireland, giving the region one of Ireland's best networks of roads. The Cork Butter Exchange, founded in 1769, became the largest butter market in the world. By the mid-19th century, Cork was exporting about 30 million pounds of butter annually, not just to nearby England and Portugal but—heavily salted and sealed in barrels—to India, Australia, Brazil, the West Indies, Virginia, and Maryland.

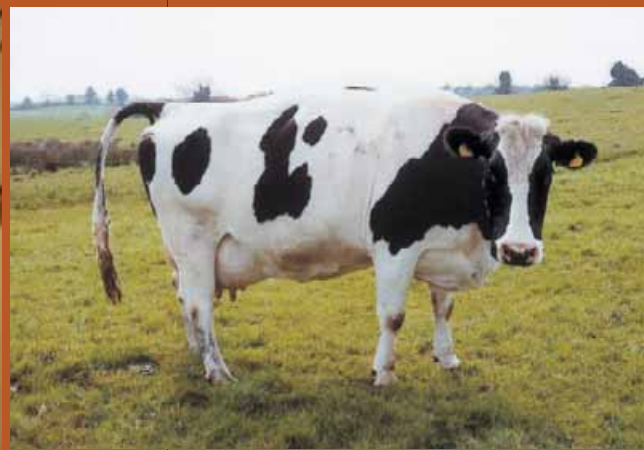
In the late 19th century, the butter business faltered, owing to, among other things, the invention of margarine—that “roguish compound”, as the *Cork Examiner* once called it. Around the same time, the invention of the mechanical separator and improvements in artificial refrigeration techniques made commercial butter production practical, and soon, instead of making butter at home, farmers were selling their milk to creameries or dairy cooperatives. The Irish butter business changed again in 1961, with the establishment of An Bord Bainne, the Irish Dairy Board, which consolidated many of the existing creameries into a single marketing entity and began selling butter worldwide under the Kerrygold brand. Today the Irish Dairy Board is Ireland's

largest exporter of any kind, with sales in 90 countries approaching \$2 billion annually.

Kerrygold butter is good stuff, dense, creamy, and delicious. But if everyday Irish butter is cheese, unpasteurized hand-made farmhouse butter is foie gras—sheer indulgence, so rich and full of flavor that you almost want to eat it with a spoon. Such butter is, alas, a rarity in Ireland today. But our friend Peter Ward—who else?—knows where



butter wouldn't have the proper texture, color, or flavor—and then into a separator, which separates the skim and the cream. The cream is very thick, sticky, clotted. “I let it sit for a day,” says Harding, “sometimes two days, refrigerated if the weather is very warm.” Next, she mixes the cream with ice water, three parts to one, and churns it with what looks like a large immersion mixer locked into a metal can (the mixture has to be one-quarter



Tipperary dairy farmer Barbara Harding, left, forming butter into a block. Above, one of Harding's cows. Top, a sign outside Cork's Butter Museum, on the site of the old Butter Exchange.

to find it. He first took us to meet butter maker Barbara Harding, on her farm near Borrisokane, in County Tipperary, in 2002 (see *SAVEUR*, March 2003). We went back last year and were happy to discover that she's still at it.

Harding milks her dozen cows—British Friesians and Friesian-Montbéliardes (both produce milk particularly rich in butterfat)—morning and evening. The milk goes unpasteurized into a holding tank—if you pasteurized it, says Harding, the

water, she says, or the beater won't turn). She drains off the buttermilk from a spigot on the side of the can, then opens the can and scoops out the butter. She squeezes as much water as she can out of it by hand, then spansks it into one-pound blocks with two wooden paddles (you can see the spray fly as more water is driven out). She makes about 30 pounds of butter most days, wrapping each block in waxed paper; Peter Ward and two other local shops sell it all. —C.A.

RECIPE

Hot Buttered Lobster

SERVES 4

This recipe is based on one used at Ballymaloe. Myrtle Allen believes that the most humane way to dispatch live lobsters is to lull them to sleep in slowly warming water.

2 live lobsters, about 2 lbs. each
 2½ cups dry white wine
 1 carrot, peeled, trimmed, and sliced
 1 medium yellow onion, peeled and sliced
 3 sprigs fresh parsley
 3 sprigs fresh thyme
 3 peppercorns
 1 bay leaf
 8 tbsp. butter

1. Put lobsters into a large pot, cover with lukewarm water, and bring to a simmer over medium heat. This should take about 45 minutes in all. Meanwhile, put 2½ cups water, wine, carrots, onions, parsley, thyme, peppercorns, and bay leaf into a large nonreactive pot and bring to a boil over medium-high heat. When water in lobster pot comes to a simmer and lobsters begin to turn red, transfer lobsters to the other pot, cover, reduce heat to medium, and steam until lobsters turn bright red, about 20 minutes. Transfer lobsters to a sheet tray to let cool slightly, discarding cooking liquids.

2. Preheat oven to 350°. Once lobsters are cool enough to handle, remove their claws. Halve lobsters lengthwise. Extract meat from bodies and claws in pieces as large as possible and transfer to a warm medium bowl. Scrape out the soft, greenish tomalley (liver) from near the head area of the shells into the bowl. Cut meat into 1"-2" pieces. Place the empty lobster shells on a sheet tray and heat in the oven, about 5 minutes.

3. Melt butter in a large skillet over medium-high heat until just foaming, 1-2 minutes. Add meat and tomalley and toss until heated through, about 1 minute. Fill shells with meat and serve with melted butter and juices from the skillet.



to go back into the Ballymaloe kitchen to show us how she makes her famous brown bread and a few of her restaurant specialties, she works crisply and efficiently—and can't help teaching as she goes. ("Irish brown bread actually came from a book by the English food writer Doris Grant, who developed the recipe at the request of the British government as something nutritious and easy to make at home. We made it here, and it spread all over Ireland.")

The accomplishments of Myrtle Allen herself form just the beginning of the Ballymaloe story. Allen is also the materfamilias of a large and widespread network of food-related businesses, run by several of her children, grandchildren, and in-laws: for example, the Ballymaloe Shop and Café at the End of the Shop, next to the house itself; Hyde Ltd., which produces packaged Bal-



Ballymaloe cooking instructor Sue Cullinane (left) with 12-week-certificate student Jean Kelly, above. Top, hot buttered lobster.

Crawford Gallery Café, in Cork's Crawford Municipal Art Gallery; and, most significant, the world-renowned Ballymaloe Cookery School, back at Shanagarry, which was started by her daughter-in-law Darina (Tim's wife).

The school, as large and well equipped as a small high school—but in a much prettier setting than the vast majority of such institutions, with organic kitchen gardens and beautiful unmanicured grounds—offers 12-week certificate courses of study for would-be culinary professionals (or working cooks who want to brush up on their skills), as well as individual classes or short courses in everything from barbecue cooking, mushroom hunting, and stress-free entertaining to beekeeping and "how to keep a few chickens in your garden". Tall and wise looking, and as much the globe-trotter and natural teacher as her mother-in-law, Darina seems the perfect embodiment of the Ballymaloe tradition. "The coolest

Ever active, Myrtle Allen is materfamilias to a large network of food-related businesses run by her children, grandchildren, and in-laws

lymaloe food products; Feidhlim Harty Wetland Systems, an environmental consultancy service; a culinary employment agency called Jobs for Cooks; a ready-to-serve pub-food producer known as Cully & Sully; another restaurant,

words in food as we slide into 2006," she wrote in her year-end online newsletter, "are local, artisan, and slow." Those three words could be the defining motto for the best of what Ireland has to offer to the world of food today.

PART THREE

A KID

from the

COUNTRY

One of Galway's great culinary assets is chef turned writer Gerry Galvin, who has been called the father of Ireland's traditional-cooking revival

GALWAY IS a lively port city, famous for its summer horse races and autumn oyster festival, its traditional music, its vividly colored shop fronts. It is sometimes said to have a "Mediterranean" feel to it and indeed had a long history of trade with Spain, whose merchants used to congregate by a 16th-century archway now called the Spanish gate.

The city has some renown in Irish food circles as the home of Sheridans, the country's premier cheese shop, located on the street that plays host each Saturday to Galway's ancient open market. And it boasts another culinary resource: "We are very fortunate," says Cáit Curran, editor of the locally published *Organic Matters* magazine, "to have Gerry Galvin living nearby. He is considered the father of the revival of traditional cooking in Ireland and is highly respected in the Irish culinary world, and he has supported the Galway market for many years."

Though Galvin closed his acclaimed Drimcong House restaurant, in the County Galway town of Moycullen, in 2001, he has offered to cook us some of his specialties, borrowing the upstairs catering kitchen attached to Sheridans. The market is in full swing when we arrive—round native



Root vegetables for sale at the Saturday market on Churchyard Street in the "Mediterranean" town of Galway, right.

oysters, smoked eel, and walls of gloriously dirty carrots and parsnips alternating with stands selling incense, rock-and-roll T-shirts, and Simpsons neckties.

As it happens, we have come on a dark day. Two talented young cooks, Dave Gumbleton and Enrico Fantasia, had begun making a name for themselves for the food they prepared out of the Sheridans kitchen for special events. "What they were doing was very unusual," says Curran, "very creative." The day before we got to Galway, Gumbleton suddenly collapsed in the kitchen and died—struck down by



Shoppers at the street market near Galway's St. Nicholas church, above left. Above, mussel and oyster hot pot. Facing page, Gerry Galvin at the market.

Reinventing the Butcher Shop

Everybody sells black and white puddings and sausages," says James McGeough, whose butcher shop in Oughterard, 17 miles north of Galway City on the edge of the wild Connemara countryside, may well be the most unusual one in Ireland. "I tried to think of things that nobody else was doing." He has certainly succeeded.

McGeough (pronounced mick-yo), who earned a master butcher's certificate in Germany before coming home to take over his father's shop, makes things like wild boar ham; all-meat lamb sausages (no water or bread crumbs); dry, fine-grained, pig-shaped salami faintly flavored with dried apricots and heather; and kasseler rippchen, smoked pork loin German style, which here takes its flavor from smoldering peat and oak.

McGeough's masterwork, though, is his "prosciutto" of lamb. He cures boneless lamb legs in salt for two weeks, sweats them in a mixture of rosemary, mint, garlic, and nitered salt, then cold-smokes them over beech, hickory, or oak. Next, they are rinsed, compressed into rough cubes in a German-made stainless-steel butcher's press, and hung for three months, occasionally taken down for renewed pressings to extrude as much moisture as possible. Sliced paper thin, the resulting meat is somehow both earthy and delicate, with a lingering ghost of smoke. This is contemporary artisanal food production at its finest—innovative but grounded in tradition. —C.A.



Butcher James McGeough (with lamb legs hanging in the background).

an aneurysm. Sheridans is closed in his honor for the day when we arrive. We ask Galvin, who was a good friend of Gumbleton's, if he'd like to postpone his demonstration. He says no, but that he'd like to dedicate to him the meal he is about to prepare; this seems a fitting tribute.

Galvin's menu starts with a mussel and oyster hot pot, flavored with seaweed—dulse—and based on a stock made from whitefish bones. "Notice that the stock is not fined," he says. "The emphasis with my cooking is on lack of refinement." He has already roasted a plump pork belly perfectly, leaving it almost drippingly moist inside its mahogany-shellac exterior. This he will serve with pickled carrots ("Pickling has always been very important in Ireland," he says) and colcannon (see page 38). The last course is tipsy pudding, a little molded sponge cake drenched in mulled red wine and topped with whipped cream. As he cooks, Galvin tells us a bit of his story.

HE WAS born in Dromcollogher, in County Limerick, a

RECIPE

Mussel and Oyster Hot Pot

SERVES 4

Gerry Galvin sometimes garnishes this soup with chopped sweet cicely, an aniselike herb. Dulse, an edible seaweed (also called dillisk) widely used in Irish cooking, adds an austere "sea" flavor to this soup. Desmond is a West Cork cheese made in Schull.

- 1 oz. (1 cup) dried shredded dulse (see page 88)
- 48 mussels, debearded and scrubbed
- 1 cup dry white wine
- 4 cups fish stock
- 8 oysters, shucked
- Salt and freshly ground black pepper
- 3 tbsp. finely grated Desmond cheese (see page 88) or very hard cheddar
- 1 tbsp. finely chopped fresh chervil or sweet cicely leaves

1. Put dulse into a large bowl, cover with cold water, and let soak for 2 minutes. Drain well.

2. Put mussels and wine into a large pot, cover with a tight-fitting lid, and bring to a boil over medium-high heat. Steam mussels, shaking the pot occasionally, until shells open, 8-10 minutes. Transfer mussels to a wide shallow bowl, discarding the steaming liquid and any shells that have not opened. Let mussels cool slightly, then remove the mussels from their shells and place in a small bowl, discarding the shells. Set mussels aside.

3. Put fish stock into a medium pot and bring to a boil over medium-high heat. Add the oysters, dulse, and mussels. Return to a simmer and cook until oysters are warmed through, about 1 minute. Season to taste with salt and pepper.

4. Divide soup between 4 warm bowls and garnish with the cheese and chervil or sweet cicely. Serve hot.



RECIPE

Topsy Puddings with Mulled Wine

MAKES 8

This recipe is based on one in Gerry Galvin's *The Drimcong Food Affair* (McDonald, 1992), a collection of recipes from his now closed restaurant.

FOR THE PUDDINGS:	2/3 cup superfine sugar
1 tbsp. butter	Wide strips of zest and juice
1½ cups fine dry bread crumbs	from 1 lemon
4 eggs, separated	Wide strips of zest and juice
¾ cup superfine sugar	from 1 orange
1 tsp. finely grated lemon zest	4 cloves
	1 stick cinnamon
FOR THE MULLED WINE:	1 cup heavy cream, whipped
2½ cups red wine	

1. For the puddings: Preheat oven to 350°. Grease eight 2"-deep and 3½"-wide ramekins with butter. Evenly coat insides of ramekins with a quarter of the bread crumbs. Set aside.

2. Beat egg yolks, half of the sugar, and lemon zest in a medium bowl with an electric mixer on medium speed until pale and frothy, about 2 minutes. In another medium bowl, beat egg whites with clean beaters until stiff peaks form, 3-4 minutes. Gradually add remaining sugar to whites and beat until well mixed, 30 seconds more. Add a quarter of the egg white mixture to egg yolk mixture and stir to combine. Fold remaining egg white mixture and remaining bread crumbs into egg yolk mixture until well combined. Divide batter evenly between ramekins and bake on a sheet tray until puddings are cooked through and golden, about 25 minutes. Allow puddings to cool for 5 minutes, then turn out onto a rack and let cool completely.

3. For the mulled wine: Put wine, sugar, lemon and orange zest and juices, cloves, and cinnamon into a medium pot and bring to a boil, stirring occasionally, over medium-high heat. Reduce heat to medium-low and simmer for 10 minutes more. Strain wine, discarding solids, and set aside to let cool.

4. Put puddings into an 8" x 12" nonreactive dish, drizzle with all of the mulled wine, cover with plastic wrap, and allow puddings to soak (they won't absorb all the wine), spooning more wine over each pudding occasionally, until moist throughout, 2-3 hours. Serve each pudding in a shallow bowl, sitting in some mulled wine and topped with a dollop of whipped cream.

village, says Galvin, with absolutely no tradition of cooking. "But my father," he continues, was something of a gourmet. He was a draper and had a country shop that sold everything from suits to hardware to habits for the dead. He traveled a lot on buying trips and would always bring things home with him—sausages from Dublin, tripe and drisheen [blood-serum 'pudding'] from Cork. Other than that, we had a very basic healthy diet of what was found—fowl, duck, geese, the

best beef and lamb. Fish wasn't highly prized, because it was associated with penitential Fridays, and anyway we were an hour and a half from the sea."

As a teenager, Galvin decided that the hotel trade sounded interesting and talked himself into a job at the Gresham Hotel in Dublin. "This was a great experience for a kid from the country," he recalls. "I learned the camaraderie of the kitchen at the Gresham, the cruelty and the badinage; I learned how to swear in Dublinese; and I

learned how to make béchamel."

Galvin went on to hotel school in Shannon and, after he graduated, spent a dozen years working as a manager in hotels in Ireland, Northern Ireland, England, Switzerland, and South Africa. "But I found myself constantly attracted to the kitchen," he says.

In 1974 he and his wife, Marie, whom he'd met and married in Dublin, bought a 50-seat restaurant called The Vintage, in Kinsale, a little jewel of a seaside town

for a serious restaurant of the era, and other Irish chefs started to take notice.

At least partly because of Galvin's efforts, Kinsale became known as Ireland's first real restaurant town. But it also became more touristy, and in 1984, seeking a quieter life—and a rural environment—the couple bought Drimcong House, in Moycullen, and opened a restaurant there. "We had our own garden, our own lake with pike and eel," says



Topsy pudding with mulled wine, a simple, traditional dessert Galvin often served at his Drimcong House in Moycullen, near Galway.

in West Cork. "I wrote the menu in French," says Galvin, "because at first there was no doubt that I wanted to do cuisine à la française. I had a real breakthrough, though, when a Belgian food writer came in one evening, attracted by the French menu, and was really let down by the food. I came to my senses and realized that I was just posing as a French chef. And I think that's when I really began to learn how to cook." Instead of French classics, he started offering diners dishes like rabbit sausage steamed over herbs and making old-style Irish breads and preserves from wild berries. The employment of modest ingredients and traditional foodstuffs was unusual

Galvin. "I was in the kitchen; Marie was the gardener, mother to our three children, and involved in management." At Drimcong, Galvin cooked such creations as colcannon soup, fried black pudding with oysters and apples, and roast pike with lovage, bacon, and lamb sauce (as well as his hot pot, roast pork, and tipsy pudding). None of the Galvins' children were interested in the business, however, so they sold the place in 2001. "I'm writing a novel now and writing for magazines on food," says Galvin. "I have absolutely no regrets. I still revel on a Saturday night when I realize that I don't have to be hopping around till two A.M."

PART FOUR

THE CHEF

and his

At Chapter One, Ross Lewis turns the best Irish products into food both refined and homey

MATERIALS

ONE FALL DAY we made our way to the Dublin Writers Museum in Parnell Square to have lunch at the restaurant downstairs, Chapter One, which had been recommended to us as not just good but Irish good. We stopped in the establishment's handsome salon for an apéritif of Jameson 12-Year-Old—an appropriate drink, since the museum

building was the home of distillery scion George Jameson in the late 19th century—and then were seated in the elegant, understated dining room, done in shades of gray and cream.

We started with an assortment of meats from the restaurant's "charcuterie trolley": Schull salami and chorizo from Fingal Ferguson at Gubbeen, Derreenatra dry sausage made by Frank Krawczyk, cured venison loin produced by Ed Hick in Dún Laoghaire (pronounced dun-leery) outside Dublin, prosciutto-like smoked lamb from James McGeough in rural County Galway (see page 58), and Chapter One's own game pâté and pig's foot "boudin"—which isn't really blood sausage but looks like it. For main courses, we had smoked haddock glazed with welsh rabbit on a bed of spinach (see *SAVEUR*, April 2005, for the recipe) and sautéed plaice filets accompanied by a coarsely puréed potato salad highlighted with dill,

After-lunch conversation at Chapter One in Dublin, right: (from left) chef/co-owner Ross Lewis, beef supplier Maurice Kettle, butcher Ed Hick, cheese maker Jane Murphy, fish wholesaler Terry Butterly, produce grower Alan Pierce.



some minted “mushy peas”, and a dollop of aioli. It was all delicious. This was smart food, refined but not precious, technically perfect but full of soul, locally grounded but with cosmopolitan flair.

The next time we were in Dublin, in the spring, we went

straight back to Chapter One, and again we were very happy. This time we started with sautéed Dublin Bay prawns (i.e., scampi) on a bed of organic leeks topped with a truffled potato emulsion, and seared scallops over a risotto of peas, smoked

bacon, and mushrooms. Our main courses were a pancetta-wrapped chicken breast with a chestnut and bacon “dumpling” (in fact more of a quenelle, fried in a coating of bread crumbs) and dauphine potatoes on a bed of creamed cabbage in mustard

sauce, and a daube of beef with onions and black olives, served with puréed potatoes. Again, the cooking displayed both authority and refinement, both French technique and homey Irish touches. We decided that we had found our favorite Dublin restaurant.

TAKING IRELAND *Organic*

Given its rich rural tradition, favorable growing conditions, and burgeoning artisanal food scene, you’d think that Ireland—the “green” island—would be a hotbed (as it were) of organic agriculture. And you’d think wrong. “Organics in Ireland started with people from other countries,” says John O’Neill, manager of the Organic Centre in Rossinver, in County Leitrim, in northwestern Ireland. “It wasn’t an Irish idea, and there’s still very little official support here for people who want to farm organically.”

Certainly such people do exist. Many of the new-generation small farmers and artisanal food producers in County Cork are in compliance with organic standards or nearly so, as are some growers in County Wicklow—known as Dublin’s garden—and other parts of the country. But it is in the northwest, on both sides of the border, that the organic movement seems to have taken hold the most firmly. “We’re only a couple of miles from Fermanagh [in Northern Ireland],” O’Neill points out. “Until about ten years ago, many of the roads around here were blocked by the British army. It was very bad for the economy.” Ironically, though, it was good for organic agriculture. “Fermanagh, Leitrim, and parts of Sligo, Roscommon, and Donegal,” says O’Neill, “were so poor that there was no high-tech farming established, so going organic doesn’t seem like going backwards.”

The 11-year-old nonprofit Centre—funded partially by the European Union Programme for Peace and Reconciliation in Northern Ireland and the Border Counties of Ireland 2000–2004, known informally as “Peace 2”—is an ambitious but bucolic complex sprawled over 19 acres about eight miles north of Manorbhamilton. On the grounds are themed specialty gardens (devoted to things like soap plants, Incan crops, edible flowers, heritage oats, and ornamental vegetable borders), a vegetable field growing produce for the Centre’s “box scheme” (its community-supported agriculture program), a willow-basket-growing area defined by “fedges” (fence hedges made of crossed willow branches), a display of composting techniques



One of the plastic tunnels at the Organic Centre in Rossinver, in northwestern Ireland, in which produce can be grown all year long.

(“compost training” classes are available), and a newly planted native woodland.

The Centre both proselytizes and educates. “We have about 15 students here at any given time,” O’Neill says, “doing an intensive eight-month course, teaching them how to become organic farmers.” There is also a diverse schedule of one- and two-day courses open to the public, including Organic Gardening for Beginners, Goatkeeping Workshop, Seaweed in Cooking, Dry Stone Wall Building, Wandering Through the

Weeds, Winter Remedies, and Yoga for Gardeners, as well as community programs—“like one,” says O’Neill, “for lower-income women, teaching them how to grow their own food and cook it”.

Hans Wieland, the Centre’s training coordinator, likens classes here to Ireland’s old “hedge schools”—outdoor classrooms where students were taught Catholic doctrine and the banned Irish language, hiding their purpose from passing British soldiers by pretending to be picking berries from a hedge. And he stresses the practical nature of what is taught. “There needs to be a function, a purpose, in a skill,” he says.

The Centre also helped inspire the Green Box—“Ireland’s first integrated ecotourism destination”. The Green Box is a precisely defined area of northwestern Ireland, shaped roughly like a maple leaf, encompassing all of County Leitrim (except the city of Carrick on Shannon), all of County Fermanagh, in Northern Ireland (except Enniskillen, another urban area), and portions of Counties Sligo, Cavan, Donegal, and Monaghan. Within this area is a network of member farmers, artisan producers, innkeepers and restaurateurs, and the like, devoted to providing visitors with “ecofriendly” experiences. Green Box doesn’t pretend to be organic, but it hopes to promote travel “that helps sustain local populations and encourages conservation while broadening the mind and enlivening the soul [of the visitor]”.

“There are so many opportunities in this region,” says O’Neill. “When people come here, they want the local flavor. They want to know they’re in Leitrim or Fermanagh, not in West Cork or America.” —C.A.



We asked Lewis to invite, as our guests, some of his favorite food producers from all over Ireland, to have lunch and talk about just what it is they do



Ross Lewis, above. Top, cauliflower soup with potato emulsion and Crozier Blue cheese.

THE CHEF and co-owner (with restaurant manager Martin Corbett) of Chapter One is a boyish-looking Cork native named Ross Lewis, a veteran of the kitchens at Odin's in London and Le Chat-Botté in Geneva. Lewis is not just a good cook but also a passion-

ate champion of Irish food, both cooked and in its native state. (As a commissioner of Euro-Toques Ireland, he is leading a movement to ban genetically modified crops from the country.) Because he is so meticulous in his selection of raw materials, we asked Lewis whether

he'd invite, as our guests, a handful of his favorite producers from all over Ireland to come have lunch at Chapter One and talk to us a little about what it means to be in the food business in Ireland today.

Lewis chose five people: Alan Pierce, a director of Gold River Farm, which grows seasonal organic produce in County Wicklow; Terry Butterly, a veteran fisherman turned seafood wholesaler from Annagassan, in County Louth, near the border with Northern Ireland; Ed Hick, the Dún Laoghaire butcher (and venison smoker); Jane

Murphy, whose Ardsallagh goat cheeses, from Carrigtwohill in West Cork, are some of Ireland's best; and Maurice Kettyle, who produces dry-aged beef from grass-fed cattle in Lisnaskea, in County Fermanagh, in Northern Ireland.

The original idea was to serve a meal that would showcase the foods provided regularly to Chapter One by all five guests, but in the end Lewis decided that Butterly's lobster would be one course too many. Everyone else was represented by the bill of fare: a rich cauliflower soup with a potato emulsion, Crozier Blue cheese,

RECIPE

Cauliflower Soup with Potato Emulsion and Crozier Blue Cheese

SERVES 6-8

You'll need an aerosol cream whipper (see THE PANTRY, page 88) to make the emulsion. Use a pasteurized egg if you want to avoid raw eggs.

FOR THE SOUP:

3 tbsp. butter
1 yellow onion, peeled and sliced
1 clove garlic, chopped
1 small (1½ lb.) head cauliflower, cored and cut into small florets
2½ cups milk
¾ cup heavy cream
Salt and freshly ground black pepper
Pinch freshly grated nutmeg

FOR THE EMULSION:

1 large yukon gold potato, peeled
Salt
¾ cup milk
3 tbsp. butter, cut into pieces
¼ cup grated parmigiano-reggiano
1 egg yolk
Freshly ground black pepper
2 oz. Crozier Blue cheese (see page 88) or gorgonzola, frozen

1. For the soup: Melt butter in a large pot over medium-low heat. Add onions and garlic and cook until softened, 10-12 minutes. Add cauliflower, milk, cream, and salt and pepper to taste and simmer, covered, until cauliflower is soft, about 20 minutes. Purée soup in batches in a blender until smooth. Return soup to pot, add nutmeg and adjust seasonings, and keep warm.

2. For the emulsion: Preheat oven to 250°. Cut potato into eighths. Place potatoes in a small pot, cover with salted water, and bring to a boil over high heat. Reduce heat to medium-low and simmer until tender, 30-35 minutes. Drain potatoes, spread in a single layer on a sheet tray, and let dry in oven for 5 minutes. Put potatoes into a bowl, add ¼ cup of the milk and butter, and beat with an electric mixer until smooth. Press mixture through a fine sieve into a small bowl. Bring remaining milk to a boil in same pot over medium heat, whisk in potatoes, and heat through. Stir in parmigiano-reggiano, transfer to a bowl, and let cool. Add egg yolk to bowl, season to taste with salt and pepper, and mix with an electric mixer until combined. Pass through sieve, then transfer to a cream whipper (see page 88), following manufacturer's directions when you use it in step 3.

3. Ladle soup into bowls, grate Crozier Blue over top, and aerate emulsion over cheese. Garnish each bowl with a few capers, if you like.

and a few capers; a foresty-tasting salad of smoked venison, foie gras, baby watercress, sultanas, and apples in hazelnut dressing; ravioli filled with Ardsallagh cheese on a purée of asparagus; daube of beef with mushrooms, braised celery, and puréed potatoes; and a rhubarb financier with vanilla ice cream.

AS THE WINE FLOWS, so does the talk. The bearded, ponytailed Terry Butterly quickly takes the floor. "I fished for 35 years," he

tells us. "I was a prawn fisherman, a herring fisherman, a lobster fisherman, but I sold my fishing business before Christmas 2004 and just process fish now. Fishing is too hard, and none of my five kids wanted to go into it." The fishing off Ireland is so good, he says, because the water is so deep and 90 percent of the water in the inlets changes with every tide. "Norway and Scotland have fjords with shallow shelves," he says, "and only 10 percent of the water changes."

Butterly is a splendid storyteller, and he goes on to spin yarns that, it suddenly dawns on me, are the real "fish stories"—not banal tales of huge sea creatures evading the wily angler but well-structured anecdotes that stretch on and on until you realize that, somewhere along the way, you've left dry land. One involves a stowaway cat and a cross-eyed otter called Monkey; another is about a gigantic lobster who turns off his own cooking pot.

As reserved as Butterly is garru-

lous, Maurice Kettyle, a fugitive from the wholesale meat business—which, he says, upset him terribly—talks quietly about the fine points of aging good beef. Different cuts age for different periods—the rib portion for 21 days, the rump for almost a month—with calibrated changes in temperature and airflow. Most of his meat is from the west of Ireland, and it's nearly all from Aberdeen Angus and Hereford-cross animals ("There's nothing worse than

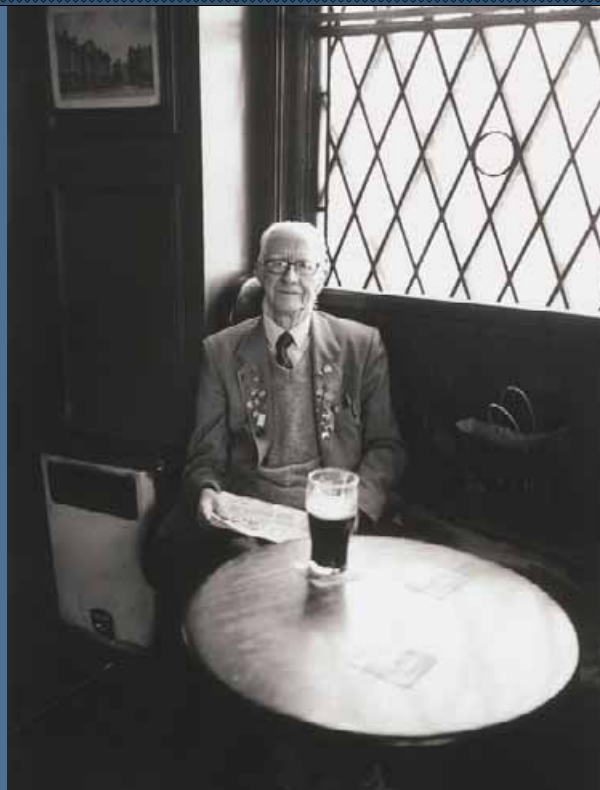
THE WINE *of the* COUNTRY

Ireland's national beverages are misunderstood. To many North Americans, the definitive Irish tippie is probably the green lager of St. Patrick's Day—in fact, a decidedly non-Irish adulteration that would earn any Galway barman a quick trip to the unemployment line. As if that weren't bad enough, the true beer of Ireland, stout, is erroneously viewed far and wide as heavy and caloric—a pint that constitutes "a meal in a glass". And poor Irish whiskey is frequently and cavalierly dismissed as a lighter, less complex, almost ephemeral cousin of the real stuff—scotch. Thankfully, these perceptions are about as fanciful as tales of leprechauns and pots of gold.

Start with stout, since that's what the Irish—second in the world only to the Czechs in annual per capita beer consumption—so often call for at the bar. While it is indeed pitch black in hue, it gets that color not from calories but from darkly roasted barley, which also contributes to its typically roasty, sometimes smoky flavor. In fact, since calories in beer come primarily from alcohol and Irish stouts are characteristically 4 to 4.5 percent alcohol by volume, a stout like Guinness or Beamish will often contain fewer calories than an ordinary brew.

In Ireland, as in the rest of the world, Guinness is the number one stout, with Murphy's and Beamish (in Ireland) running a distant second and third. Walk into almost any of the thousands of pubs scattered across Ireland—a study in 1996 counted as many as one for every 148 residents in some counties—and you are virtually guaranteed to find a Guinness tap, and sometimes three or even five.

But as elsewhere, the beer business is changing here, with sales down by as much as 15 percent over the past five years and with lagers—primarily licensed foreign brands like Budweiser, Coors Light, and Heineken—now



outselling stout. (Heineken owns Murphy's, incidentally, and Guinness and Beamish both belong to British companies—Diageo and Scottish

& Newcastle, respectively—which means that not one of the island's major breweries is under domestic control.)

And, of course, there are the brewpubs and craft breweries. The most prominent of Ireland's small breweries is The Porterhouse Brewing Company, which started life as a brewpub in Bray, south of the Irish capital in County Wicklow, and now owns three pubs in the Dublin area and another in London, as well as a boutique hotel attached to the pub in Bray. The Porterhouse calls itself "Ireland's largest genuine Irish brewery", though it sells its wares—including the outstanding, silky-smooth Oyster stout, brewed with real oysters (!) for flavor and texture, and the faintly smoky, plummy Porterhouse Red ale, miles from Kilkenny or Killian's—only at the company's pubs and only on tap.

The Porterhouse's Liffey-side neighbor is Messrs Maguire, where the malty Plain porter is joined on the bar by a fruity red ale called Rusty and—reflecting the recent rise in popularity of the

German Erdinger Weissbier—a sweetly bananaish, house-brewed wheat beer. Less trend conscious is Ireland's original modern brewpub, the

getting Holstein in there; the meat has a whole different texture”), all grass fed. “This beef is tender but has a lot of flavor,” Kettle says. “There’s nothing like it.”

Jane Murphy became a cheese maker in an unusual way. “In 1979,” she tells us, “I was living in County Carlow with an overgrown front yard and two children with fairly bad eczema. A man came by to try to sell me insurance and took one look around and said, ‘What you need

is a goat’—because goats’ milk is good for eczema, and of course a goat would help keep the yard mown. Sure enough, he came back and gave me one. I got interested in goat keeping right away—they’re incredible animals—and bought some more, and of course pretty soon I had too much milk. I learned cheese making by trial and error—more error than trial. In 1999, my husband and I decided to do this as a family business. We moved to

County Cork, and now he tends the herd and I make cheese. It has brought us incredibly close as a family. It’s us against the world.”

THE HOTTEST topic of conversation, as we suspected it would be, is governmental regulation. The perception among most artisanal food producers in Ireland is that European Union health and safety laws are enforced far more rigorously here than in any other country—and that the Irish govern-

ment, despite the programs of the Bord Bia and other agencies, is no friend to the gastronomic artisan.

“I’ve got five governmental departments chasing me at any given time,” says Murphy. “Regulations are discouraging new producers. We should be encouraging people to do what I do, but there are more barriers to entry today than there used to be. If you tell them that you want to start making cheese tomorrow, they’ll give you a list of requirements that’ll cost you



Scenes from Dublin: Guinness pub taps, above; right, a vintage delivery wagon at the Old Jameson Distillery; facing page, Leo Towell enjoying a stout at the Lord Edward pub.



tour across the Liffey. Northern Ireland’s Bushmills distillery, recently sold to Diageo, produces the only widely available alternatives to the Irish Distillers brands in the form of the internationally recognized Bushmills Irish Whiskey and Black Bush.

The small, independent, Irish-owned Cooley Distillery, in the town of that name in County Louth, is left with what little of the market remains, but its efforts are significant. Working out of one of the distilleries originally built by the Irish government for the production of industrial ethanol, Cooley is doing nothing less than redefining Irish whiskey. Given the large

now decade-old Biddy Early Brewery, located south of Galway in the County Clare village of Inagh, where the Black Biddy stout offers a balanced mix of roast and mocha notes and the unusual Red Biddy is flavored with bog myrtle, which gives it a toffee-ish, herbal complexity.

Another small brewery, Carlow Brewing Company, based in Carlow, in the county of the same name in southeastern Ireland, has had some success in the restaurant and take-home trade—or, as proprietor Seamus O’Hara puts it, anywhere he can get the label in front of people—but it is in export markets, including the United States, that the brewery sees its greatest growth potential. Already, O’Hara’s malty but dryly roasty O’Hara’s

Celtic Stout is available in ten countries, and his raisiny Moling’s Traditional Red, sold in the U.S. as O’Hara’s Irish Red, is following close behind.

Most Irish whiskey producers are also foreign owned. French-based Pernod Ricard’s Irish Distillers utterly dominates the market with such brands as Jameson, Paddy, and Powers. These and all the other Irish Distillers brands, including the pure pot-distilled Redbreast, are now produced at the company’s massive Midleton distillery in East Cork. The Old Jameson Distillery in Dublin, restored in the mid-1990s, no longer produces whiskey commercially but offers an educational whiskey-making tour and whiskey tasting—fitting company to the justly famed Guinness

amounts of peat in Ireland—peat fires still warm houses in some districts—it seems incredible that Irish whiskey makers should almost never have claimed peat-kilned barley malt as an ingredient. Cooley’s does, and seven of its 11 whiskeys boast some degree of peaty flavor, from the gently smoky, honey-ish Locke’s Premium Blend to the fully peated, floral, and vanilla-accented Connemara Peated Single Malt. The unpeated minority is anchored by another iconoclast: the sweetish, delightfully green-appley pure-grain whiskey Greenore, sold almost exclusively in Ireland. —Stephen Beaumont, Toronto-based editor of the online newsletter Stephen Beaumont’s World of Beer

RECIPE

Rhubarb Financiers with Vanilla Ice Cream and Poached Rhubarb

SERVES 8

This is an adaptation of a dish Ross Lewis serves in spring at Chapter One.

FOR THE ICE CREAM:	$\frac{3}{4}$ cup almonds, ground
2 cups milk	$\frac{3}{4}$ cup confectioners' sugar
4 vanilla beans, split in half lengthwise, seeds scraped	$\frac{2}{3}$ cup flour
1 coffee bean, crushed	5 egg whites
7 egg yolks	1 tbsp. glucose syrup (see page 88)
$\frac{3}{4}$ cup sugar	
1 cup heavy cream	
FOR THE FINANCIERS:	FOR THE POACHED RHUBARB:
17 tbsp. butter	$\frac{1}{2}$ cup grenadine
2 ribs rhubarb, peeled and cut into $\frac{1}{3}$ " pieces	$\frac{1}{2}$ cup port
$\frac{1}{2}$ cup plus 2 tbsp. granulated sugar	1 vanilla bean
	1 tbsp. sugar
	2 ribs rhubarb, cut crosswise into 3" pieces, each piece then cut lengthwise into 3 pieces

1. For the ice cream: Put milk, vanilla bean pods, and coffee bean into a medium pot and bring just to a boil over medium-high heat. Transfer mixture to a medium bowl, cover, and set aside to let infuse for 15 minutes. Return milk to pot and bring back to a boil over medium-high heat. Strain milk, discarding solids.

2. Put vanilla seeds, egg yolks, and sugar into a medium bowl and whisk until pale and frothy, about 2 minutes. Pour one-third of the hot milk mixture into bowl, whisking rapidly, until combined. Pour remaining milk in slowly, whisking until combined. Put mixture into same pot and cook over medium-low heat, whisking constantly, until temperature on a candy thermometer reads 185°. Remove pot from heat and whisk in cream. Strain mixture twice through cheesecloth to remove the vanilla seeds. Chill, then process mixture in an ice cream maker according to manufacturer's directions. Freeze until hard.

3. For the financiers: Preheat oven to 350°. Melt 14 tbsp. of the butter in a large skillet over medium heat, swirling pan until milk solids have browned, about 6 minutes. Transfer to a small bowl and set aside to let cool. Wipe out skillet, then melt 2 tbsp. of the butter over medium-low heat. Add rhubarb and 2 tbsp. of the granulated sugar and cook, stirring often, until just fork tender, 6–8 minutes. Set aside to let cool slightly. Combine remaining granulated sugar, almonds, confectioners' sugar, and flour in a medium bowl. Whisk egg whites in a separate medium bowl until stiff peaks form. Add browned butter, warm rhubarb, stiff egg whites, and glucose syrup to the dry ingredients and fold together to combine. Grease eight 2"-deep and $3\frac{1}{2}$ "-wide ramekins with remaining butter. Divide batter evenly between molds and bake on a sheet tray until dark golden brown and cooked through, about 40 minutes. Unmold financiers and let cool slightly on a wire rack.

4. For the poached rhubarb: Put grenadine, port, vanilla bean, and sugar into a small pot; bring to a boil over medium-high heat. Reduce heat to medium-low, add rhubarb, and poach until tender, 6–8 minutes. Transfer rhubarb to a plate and discard vanilla pod. Increase heat to medium and reduce syrup to a thick glaze, 12–15 minutes.

5. Drizzle 8 warm plates with rhubarb glaze. Arrange a warm financier and 3 pieces of rhubarb on each plate. Top rhubarb with a quenelle of ice cream and let ice cream melt slightly before serving.



Rhubarb financier with vanilla ice cream and poached rhubarb.

half a million euros to satisfy."

"The regulators have lost their way," agrees Ed Hick. "You've got to put this in perspective. Your mother learned food safety from her grandmother. They'd never heard of bacteria, but they didn't get sick and they didn't poison people. In my lifetime, a butcher would be able to go and buy pigs, take them back home, kill them, make the sausages, and then sell them in his shop. Perfect 'traceability'. Nowadays that would be unthinkable. We're not even supposed to use wooden cutting blocks or have sawdust on the floor anymore. I'm worried. They say it only takes two generations to lose a skill...."

"It sounds to me like everybody else has all these romantic challenges," says Alan Pierce, a little sheepishly. "I'm just a farmer. All I have to worry about is the

weather. The only regulation I'm really subject to is organic certification, and I just have to pass two inspections a year." Besides supplying wholesale customers, Pierce sells boxes of vegetables, eight different kinds every week, in local shops for 12.5 euros (about \$15). "The shop gets two euros of that," he says, "I get the rest, and the customer gets better vegetables. Everybody's happy."

So are we by this time, and we toast Ross Lewis and crew and the excellent Chapter One—and the food producers of Ireland. 🍴

THE PANTRY, page 88: Sources for the Irish cheeses mentioned in the text or called for in the recipes and for lamb's liver, glace de canard, carrageen moss, black treacle, dulse (dillisk), a cream whipper, and glucose syrup.

THE GUIDE

IRELAND

COUNTRY CODE: 353 EXCHANGE RATE: 1 euro = \$1.2

Dinner with drinks, tax, and tip:

EXPENSIVE Over \$75 MODERATE \$35–\$75 INEXPENSIVE Under \$35

DUBLIN

WHERE TO STAY AND EAT

BROWNES 22 St. Stephen's Green (1/638 3939; www.brownesdublin.com). Rates: \$295–\$330 double. This warmly decorated, well-located 11-room boutique hotel feels like an in-town country house. The romantic dining room (*moderate*) serves French and Irish dishes with international accents.

THE CLARENCE 6-8 Wellington Quay (1/407 0800; www.theclarence.ie). Rates: \$420–\$455 double. U2's Bono and The Edge are partners in this stylish 49-room hostelry. The restaurant, deceptively called The Tea Room (*expensive*), serves hearty fare like lobster thermidor and quail stuffed with foie gras.

CONRAD Earlsfort Terrace (1/602 8900; www.conrad-international.ie). Rates: \$220–\$310 double. A well-equipped luxury hotel with 192 rooms. The Alex restaurant (*moderate*) specializes in seafood, and there's an Irish pub (*inexpensive*) downstairs.

FOUR SEASONS Simmonscourt Road (1/665 4000; www.fourseasons.com/dublin). Rates: \$315–\$455 double. This superb 196-room outpost of the Four Seasons chain, away from downtown's hurly-burly, has a spa, an indoor pool, and an elegant restaurant (*expensive*) serving international cuisine based on Irish products.

THE MERRION Upper Merrion Street (1/603 0600; www.merrionhotel.com). Rates: \$480–\$575 double. An elegant, well-run old-school hotel with up-to-date accoutrements and 145 supremely comfortable rooms. The Cellar restaurant (*moderate*) is a local favorite, and Patrick Guilbaud (see below) is on the premises.

WHERE TO EAT

CHAPTER ONE 18-19 Parnell Square (1/873 2266; www.chapteronerestaurant.com). *Expensive*. Our favorite Dublin restaurant (see page 61).

ELY WINE BAR AND CAFÉ 22 Ely Place (1/676 8986; www.elywinebar.ie). *Moderate*. Attractive dining rooms upstairs and down, good wines, and a menu offering everything from whole roasted sea bass to what might well be Dublin's best (organic) burger.

THE LORD EDWARD 23 Christchurch Place (1/454 2420; www.lordedward.ie). *Moderate*. Dublin's oldest seafood restaurant. The place to go for oysters, grilled plaice or turbot, or 12 preparations of sole. There's an atmospheric pub on the ground floor.

PATRICK GUILBAUD 21 Upper Merrion Street (1/676 4192; www.restaurantpatrickguilbaud.ie). *Expensive*. Ireland's most famous French restaurant, with two Michelin stars. The dining room is full of contemporary Irish art, and the menu offers complex but delicious modern French fare (e.g., Clogher Head lobster ravioli in coconut-scented lobster cream).



Chef John Desmond in his tiny kitchen at Island Cottage, his restaurant on Hare (or Heir) Island, off Skibbereen in West Cork, left. Right, pedestrians on Dublin's bustling Grafton Street.

SHANAHAN'S ON THE GREEN 119 St. Stephen's Green (1/407 0939; www.shanahans.ie). *Expensive*. An American-owned steak house with a lively subterranean bar and a menu featuring top-quality Irish products, including salmon and aged Angus beef.

AROUND IRELAND

WHERE TO STAY AND EAT

BALLYKNOCKEN HOUSE Glenealy, Ashford, County Wicklow (404/44627; www.ballyknocken.com). Rates: \$145–\$150 double. There are seven guest-rooms and a dining room (*moderate*) featuring owner Catherine Fulvio's excellent cooking (from a limited menu, available only to hotel guests), much of it using ingredients from the property, which is a working farm. Fulvio also runs a small but highly professional cooking school on the property.

BALLYMALOE HOUSE Shanagarry, County Cork (21/465 2531; www.ballymaloe.com). Rates: \$260–\$370 double. A 34-room country house hotel and an Irish culinary monument (see page 53).

GLENLO ABBEY HOTEL Bushypark, Galway, County Galway (91/526 666; www.glenlo.com). Rates: \$260–\$310 double. A rambling, turreted 46-room hotel on a 138-acre lakeside estate, complete with a



nine-hole golf course, a formal dining room (*expensive*), and the Asian-flavored Pullman Restaurant (*expensive*), occupying old Orient Express dining cars (see *SAVEUR*, January/February 2005).

GREGANS CASTLE HOTEL *Ballyvaughan, County Clare* (65/ 707 7005; www.gregans.ie). Rates:

RECIPE

Turnip and Brown Bread Soup

SERVES 8

This is our slight adaptation of a dish Catherine Fulvio sometimes serves at Ballyknocken House, a country-house hotel set on a working farm in Ashford, in County Wicklow, not far from Dublin. In Ireland, turnips are what we call rutabagas, or yellow turnips. Use small- to medium-size rutabagas, if possible, as the larger ones can be bitter. Use any dense brown bread (or see recipe, page 54) for this recipe.

4 tbsp. butter
1 medium yellow onion, peeled and chopped
2 lbs. rutabagas, peeled, trimmed, and cut into 1/2" pieces
7 cups chicken stock
3 1"-thick slices of brown bread, crusts removed, cut into 1" cubes
Pinch freshly grated nutmeg
Salt and freshly ground black pepper
1 tbsp. olive oil
Heavy cream

1. Melt 3 tbsp. of the butter in a large pot over medium-low heat. Add the onions and cook until softened, about 10 minutes. Add the rutabagas and cook until just beginning to soften, about 10 minutes. Add the chicken stock, half of the bread cubes, nutmeg, and salt and pepper to taste. Stir well, cover, and simmer until rutabagas are tender, 45-50 minutes. Working in batches, carefully purée the soup in a blender until smooth. Return the soup to the pot, adjust seasonings, and keep warm over low heat.

2. Melt the remaining butter in the olive oil in a large skillet over medium-high heat. Add remaining bread cubes, and toast, turning often, until golden brown on all sides, 4-5 minutes total. Transfer croutons to a plate.

3. Transfer soup to a soup tureen, drizzle with cream, and garnish with croutons. Serve immediately.

\$220-\$355 *double*. A 21-room family-owned hotel in The Burren, Ireland's richest treasure-house of native flora and fauna. The restaurant (*expensive*) is very good; don't miss the Ballyvaughan Bay lobster.

MARLFIELD HOUSE *Gorey, County Wexford* (55/21124; www.marlfieldhouse.com). Rates: \$315-\$340 *double*. With its 20 guest rooms furnished with taste and wit, its extensive gardens, and the fine French-Irish cuisine served in its beautifully appointed dining room (*expensive*), this unforgettable hotel reminds us of a luxurious hideaway in rural France.



Catherine Fulvio with turnip and brown bread soup at her Ballyknocken House.

SHEEN FALLS LODGE *Kenmare, County Kerry* (64/41600; www.sheenfallsodge.ie). Rates: \$355-\$435 *double*. A large, 66-room resort property in a storybook setting on the Sheen River in a popular tourist (and golfers') destination town, the Lodge offers a first-class spa, an array of outdoor activities, and a good, surprisingly elaborate restaurant (*expensive*).

WHERE TO EAT

ANNIES *Main Street, Ballydehob, County Cork* (28/37292). *Moderate*. Straightforward Irish cooking in a small restaurant in a pleasant town. Arrive early, and step across the street for a drink and a chat with the remarkable nonagenarian Levis sisters at Levis' Bar.

THE ATRIUM CAFÉ *Model Arts and Niland Gallery, The Mall, Sligo, County Sligo* (71/914 1418). *Lunch and Sunday brunch only. Inexpensive*. Fresh salads, soups, smoked salmon, quiches, and sandwiches are available at this bright art gallery self-service café.

BLAIRS INN *Cloghroe, Blarney, County Cork* (21/438 1470; www.blairsinn.ie). *Moderate*. A serious pub with a pub menu, plus a more serious dining room serving ambitious home-style fare.

BOQUERIA *6 Bridge Street, Cork City* (21/455 9049; www.boqueriasixbridgest.com). *Moderate*. Great Irish products served in a Spanish tapas context.

BROCKA ON THE WATER *Kilgarvan Quay, Ballinderry, County Tipperary* (67/22038). *Moderate*. Near Nenagh on the edge of Lough Derg, a homey, family-run restaurant. We like the fried Cooleeney cheese with spicy chutney.

CAFÉ PARADISO *16 Lancaster Quay, Cork City* (21/427 7939; www.cafeparadiso.ie). *Moderate*. Innovative vegetarian food and a few nice wines in casual surroundings. Arguably Cork's best restaurant.

COUNTRY CHOICE *25 Kenyon Street, Nenagh, County Tipperary* (67/32596; www.countrychoice.com). *Moderate*. Peter and Mary Ward's little food shop serves unpretentious Irish home cooking for breakfast, lunch, and tea (see *SAVEUR*, March 2003).

FARMGATE CAFÉ *English Market, Princes Street, Cork City* (21/463 2771). *Inexpensive*. The place to eat in Cork's famous market. See page 41.

FISHY FISHY CAFÉ *Guardwell, Kinsale, County Cork* (21/477 4453). *Lunch only. Moderate*. Fresh seafood, simply cooked, in a fish-shop setting.

GOOD THINGS CAFÉ *Abakista Road, Durrus, County Cork* (27/61426; www.goodthingscafe.net). *Moderate*. West Cork fish soup, Durrus cheese and spinach pizza, and grilled local lobster are among the specialties at this California-fresh little place.

ISLAND COTTAGE *Hare (Heir) Island, County Cork* (28/38102; www.islandcottage.com). *Open May through September. Reservations essential. Moderate*. A short boat ride, a short hike, a fixed-price meal (with well-chosen, inexpensive wines available) at communal tables... Not just a meal; an experience, part awkward dinner party, part great home-cooked repast (but home-cooked by a French-trained chef).

WHAT TO DO

BALLYMALOE COOKERY SCHOOL *Shanagarary, County Cork* (21/4646785). Ireland's best cooking school, and one of the best in Europe, too. Contact

An Irish Original Named Otto

Otto Kunze of Otto's Creative Catering (Dunworley, Butlerstown, Bandon, County Cork; 23/40461; www.ottoscreativecatering.com; moderate) is the original farmer-restaurateur. What he doesn't grow or produce on his own five acres he buys from mostly organic artisans whose standards match his own. Everything about his operation is characterized by Teutonic exactitude. There is no posturing. Otto's menus are messages of intent, simply stated: "Fillet of monkfish, caught off the Seven Heads, served with a crab and wild sea spinach cream"; "Salamis of our own pork and pastrami of our beef, cured and smoked by Gubbeen Smokehouse"....

The nettles used in his nettle soup come only from his own land; roadside plants are likely to be contaminated by motor pollution and pesticides, he says. Fences of olearia protect herbs and vegetables from sea winds. The soil here is rich, and the influential gulf stream promotes the assured growth of garlic, salads, soft fruit, and a multiplicity of herbs. In tunnels, whole trees of cherry, peach, pear, and plum thrive. Otto is self-sufficient in pork, which maintains a seasonal menu presence in various forms, enhanced often by curing and smoking. His own cattle do not produce enough beef for restaurant use, but the slack is made up by butcher Dan Moloney, who hangs the meat for three weeks. Poultry is only of the organic kind. Lamb is local, organically reared, traceable. When it comes to fish, Otto insists on buying only the locally landed catch from day fishermen as opposed to trawled fish that may have spent up to ten days under ice at sea. In season, he buys salmon from a pier a mile and a half away. "When I collect them," says Otto, "the fish are still blinking at me." —Gerry Galvin

the school for a list of courses, individual classes, and other programs, on subjects Irish and otherwise.

THE CORK BUTTER MUSEUM Tony O'Reilly Centre, O'Connell Square, Cork City (21/4300600; www.corkbutter.museum). Open daily, 10:00 A.M. to 5:00 P.M., March through October. Yes, it's well worth seeing.

ENGLISH MARKET Princes Street, Cork City. Open Monday–Saturday, 9:00 A.M. to 5:30 P.M. A must for the food-loving visitor to Cork.

GALWAY INTERNATIONAL OYSTER FESTIVAL various locations, Galway, County Galway (91/522066; www.galwayoysterfest.com). Oysters (and oyster-related contests), Guinness, champagne, music, and general revelry abound at this lively event, held this year from September 28 through October 1.

MCGEOUGHS BUTCHERS Camp Street, Oughterard, County Galway (91/552351). Stop in and buy some cured leg of lamb or heather-scented salami.

MIDLETON FARMERS MARKET Hospital Road, Midleton, County Cork (www.midletonfarmersmarket.com). Saturdays from 10:00 A.M. to 1:30 P.M. Just a tiny market in a parking lot, but the place to find many of County Cork's best foodstuffs.

SHERIDANS CHEESEMONGERS 14-16 Churchyard Street, Galway (91/564 829; www.sheridanscheesemongers.com; there are two smaller Dublin locations, at 11 South Anne Street, 1/679 3143, and 7 Pembroke Lane, Ballsbridge, 1/660 8231). Ireland's finest cheese shops, for Irish and imported cheeses.

NORTHERN IRELAND

COUNTRY CODE: 44

EXCHANGE RATE: £1 = \$1.8

WHERE TO STAY

TEN SQUARE 10 Donegall Square South, Belfast (28/9024 1001; www.tensquare.co.uk). Rates: \$295–\$450 double. The new Belfast, high-style and efficient, in the form of a well-designed, centrally located 22-room boutique hotel.

WHERE TO EAT

CAYENNE 7 Ascot House, Shaftesbury Square, Belfast (28/9033 1532; www.rankinggroup.co.uk). Moderate. Belfast culinary pioneer Paul Rankin's smart fusion restaurant. Seasonal specialties include Thai smoked haddock chowder and chargrilled Lough Neagh eel with Japanese pickled vegetables and sticky rice.

MICHAEL DEANE 36-40 Howard Street, Belfast (28/9033 1134). Expensive. Scallops with potato bread and black pudding are typical of the French-Irish fare at this elegant little place, awarded one of Northern Ireland's few Michelin stars.

NICK'S WAREHOUSE 35-39 Hill Street, Belfast, (28/9043 9690; www.nickswarehouse.co.uk). Moderate. Dependably good cooking from an eclectic menu. Good choice of wines and comfortable, casual atmosphere. The rare breed loin of pork with black pudding and buttered cabbage is wonderful.

WHAT TO DO

ST. GEORGE'S MARKET East Bridge Street, Belfast. Open Fridays, 6:00 A.M. to 1:00 P.M., and Saturdays, 10:00 A.M. to 4:00 P.M. An extensively refurbished Victorian-era market—Northern Ireland's best.

FOR MORE INFORMATION

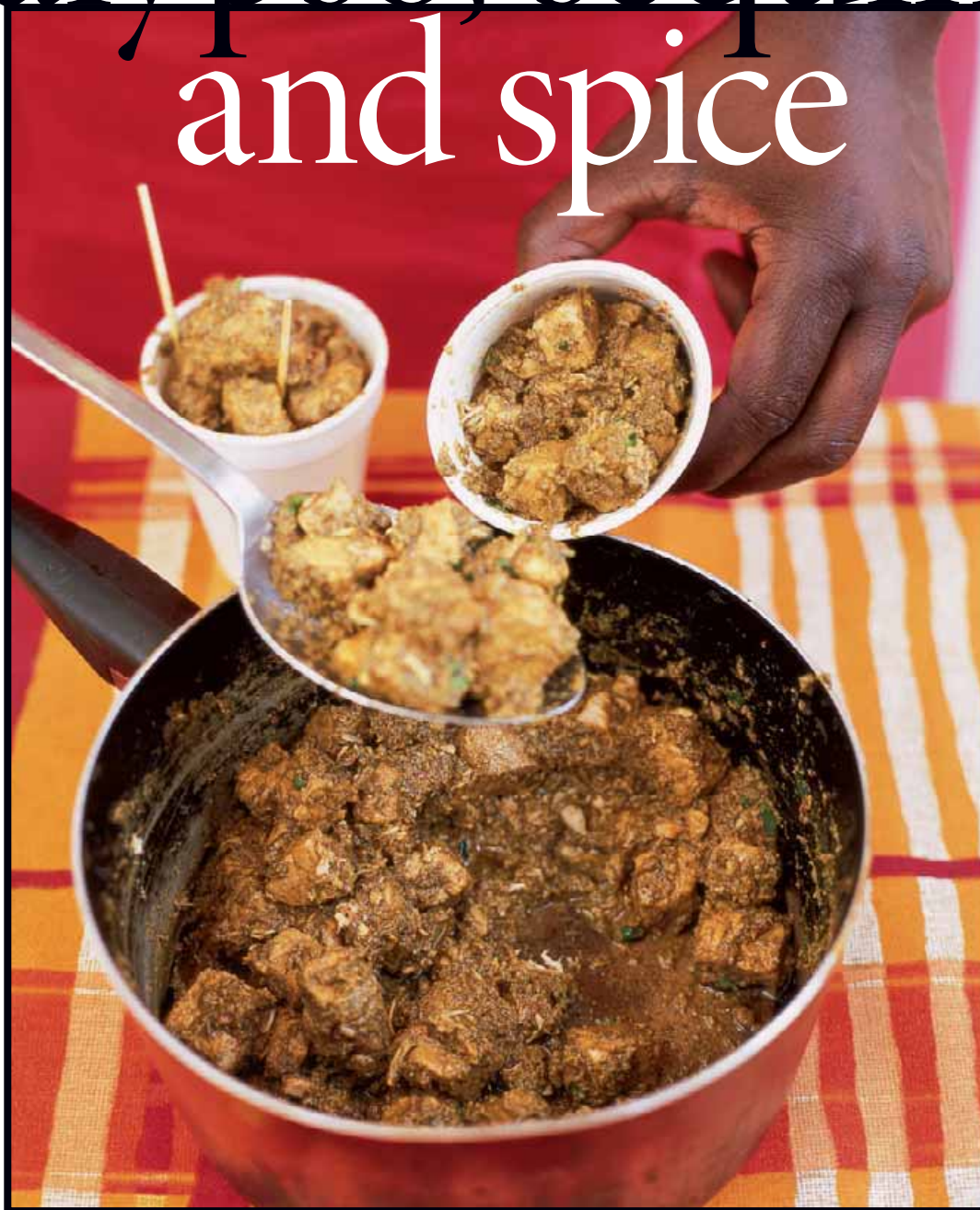
For more information on travel, including hotels and restaurants, in both Ireland and Northern Ireland, see www.discoverireland.com. Recommended guidebooks: The Bridgestone Irish Food Guide by John and Sally McKenna (Estragon Press) and Georgina Campbell's Ireland (Georgina Campbell Guides).



Farmer Kenny Redmond, from County Armagh, at St. George's Market in Belfast.

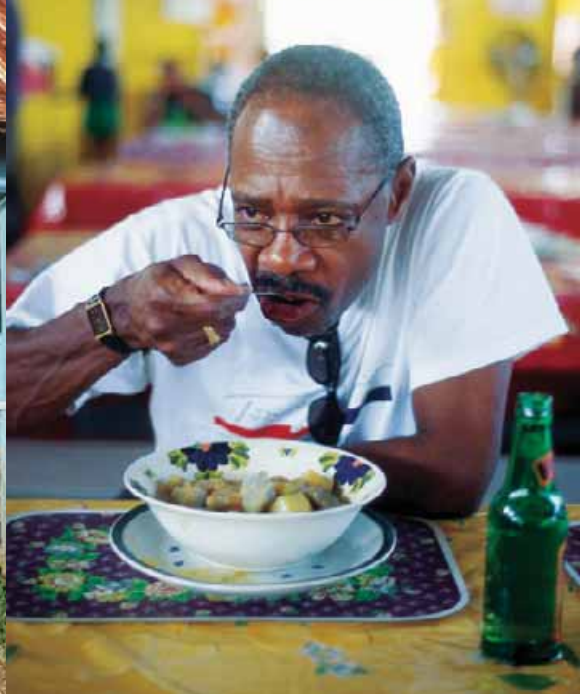


calypso, sequins, and spice



Driven by rhythm and **fed by roti, pelau, and curried pork**, all of Trinidad turns out for Carnival

BY LUCRETIA BINGHAM PHOTOGRAPHS BY CHRIS GRANGER
YYePG Proudly Presents, Thx for Support



TRINIDAD

LIFE TASTES GOOD, proclaims a sign above a roadside food stand in Port of Spain, Trinidad. Just beneath it, a mob of dancers writhes. It's three o'clock in the morning of J'Ouvert (joo-vay), the wildest event of Trinidad's famous Carnival, an explosion of dancing and drinking and eating that follows months of preparation and pent-up excitement on this island in the southeastern Caribbean.

All around us, costumed crowds are dancing in huge, loosely organized groups surrounding flatbed trucks, some emitting ear-splitting soca music from giant speakers, others carrying live steel bands—men pounding on steel “pans” fashioned from empty oil drums. Eating is done on the run. One lithe girl, wearing gold lamé boots and a bikini, dances up to the stand, downs a cup of pelau—a thick stew of rice, pigeon peas, and chicken—then “jumps back up”, as they say here, into the vast crowd to grind joyfully against one partner after another.

I first visited Trinidad some years ago and loved its spicy food, its jungle-covered mountains, its Hindu prayer flags flapping in the sea breeze, its music—calypso, steel pan, soca, parang—and its friendly, passionate people. But I was told that I could never understand Trinidad unless I came at Carnival time. A taxi driver described Carnival to me then as a party that starts around Christmas and finishes at Lent with a final, orgiastic burst. The official celebration lasts for two days—from early on Carnival Monday through Carnival Tuesday, the day before Lent begins—but Sunday is when everything shifts into high gear. “We stay up three days running, then sleep for three days. Then we pray for misbehaving,” he said, beaming. And so I decided to go back for the party, with my fiancé, Jim, as companion.

TRINIDAD IS AN island like no other in the Caribbean. Similar to its neighbor, Venezuela, it has reservoirs of oil and natural gas to fuel its economy. Thus it has few of the usual trappings of tourism, like supersize hotels and blocks of souvenir shops. (The island of Tobago, next door, with which Trinidad forms an independent republic, lacks comparable natural resources and is far more geared toward

LUCRETIA BINGHAM has written about Jamaica and the Bahamas, among other subjects, for *SAVEUR*. She grew up in the Bahamas, on the islands of Abaco, Grand Bahama, and New Providence, and now lives in Westbrook, Connecticut.



One lithe girl
in gold lamé
boots and a
bikini dances
up and downs a
cup of pelau

Preceding pages, left, Carnival dancers; right, curried pork. Above, a mud-splashed couple on J'Ouvert. Facing page, clockwise from top left: Sparrow serves curried pork at Jerry's Junction; a Port of Spain house; a customer at the Breakfast Shed; costumed children; snacking revelers; Hot on Spot; chadon beni; Cherrita Ramsaran and Mark Lutchman make buss-up-shut; a J'Ouvert dancer.

holiday visitors.) Trinidad's culture, including its music and its food, has emerged from the unique intermingling of those who have settled here. Nearly half the island's people are descended from West African slaves imported some 200 years ago by the French to work on sugarcane plantations. More than a third are of East Indian heritage; their ancestors came as indentured laborers after slavery

RECIPE

Geera Pork

(Curried Pork)

SERVES 4

We based this recipe on one in *The Multi-Cultural Cuisine of Trinidad & Tobago and the Caribbean* (Naparima Girls' High School, 2002). The pork's marinade is called green seasoning and is found in many Trinidadian recipes—as is the congo chile, which is unavailable in the U.S.; scotch bonnet and habanero chiles are a close approximation. See IN THE SAVEUR KITCHEN, page 86, to learn more about culantro.

6 cloves garlic, peeled
4 tbsp. coarsely chopped culantro (see page 88) or cilantro
2 spring onions or large bulbous scallions, trimmed and chopped
2 tbsp. chopped fresh parsley
2 tbsp. fresh thyme leaves
2 lbs. trimmed boneless pork loin, cut into 1" pieces
1 tbsp. ground allspice
1 tsp. freshly ground black pepper
Salt
1/4 cup vegetable oil
2 tbsp. garam masala (see page 88)
1-2 scotch bonnet or habanero chiles, stemmed and minced
2 tbsp. ground cumin

1. Put garlic, half of the culantro or cilantro, spring onions or scallions, parsley, thyme, and 1/4 cup water into a food processor and process until the mixture is smooth, 2-3 minutes. Transfer the “green seasoning” to a bowl. Add the pork, allspice, pepper, and salt to taste. Toss pork to coat well, cover with plastic wrap, and refrigerate for at least 4 hours or overnight.

2. Heat oil in a small pot with a tight-fitting lid over medium heat. Meanwhile, whisk the garam masala and 1/2 cup water in a small bowl until combined. Carefully add curry mixture to pot and cook, stirring occasionally, until mixture has thickened, about 5 minutes. Add pork and stir to coat well. Reduce heat to medium-low, cover, and simmer pork until almost cooked, about 20 minutes. Add chiles and cumin, cover, and simmer until pork is just tender, about 45 minutes. Uncover pot and simmer until liquid has reduced to a thick paste, 40-45 minutes more. Season to taste with salt.

3. Spoon pork into cups, garnish with remaining culantro or cilantro, and serve with toothpicks or small skewers for eating.

RECIPE

Buss-Up-Shut

(Griddle-Cooked Flatbread)

MAKES 12

This Trinidadian type of roti, an East Indian flatbread, takes its name from how it looks—like a “busted-up” shirt.

6³/₄ cups flour (about 2 lbs.)

1 tbsp. baking powder

2 tsp. salt

1 cup milk

6 tbsp. butter, softened

1/2 cup canola oil

1. Combine flour, baking powder, and salt in a large bowl. Add milk and 2 cups water. Using your hands, work ingredients together until a soft dough forms, 1-2 minutes. Turn dough out onto a lightly floured surface and knead for 3 minutes; shape into a sticky ball. Cover dough with a damp cloth and let rest for 40 minutes, kneading it for 30 seconds every 10 minutes.

2. Preheat oven to 200°. Divide dough into 12 equal balls and cover with a damp cloth. Working with one ball at a time, press dough out with your fingers into a 7" disk. Spread 1/2 tbsp. of the butter on disk. Using a pair of kitchen shears, cut disk from edge to middle. Starting with one end of cut circle, roll dough around the circle to form a cone. Press top point of cone down into middle of the base; cover with damp cloth. Repeat process with remaining dough and butter. Let rest for 30 minutes.

3. Heat a very large (at least 15") cast-iron griddle or skillet over medium heat; brush with oil. Roll 1 piece of dough out to a 12" circle, flouring dough lightly as you go. Transfer dough to griddle, brush with oil, and, using 2 wooden paddles, spread dough out so that none of its edges overlap. Dough will break apart as it's worked. Continue to break dough apart, turning and tossing until both sides are lightly golden, about 4 minutes total. Transfer to a plate and keep warm in oven. Repeat process with remaining dough and oil.

was abolished by the British. Although Trinidadian food has a sprinkling of Lebanese and Chinese dishes and ingredients, it is predominantly influenced by its African and Indian roots, which have entwined over the centuries to produce a cuisine that embodies the true definition of Creole—a term referring to a distinct new-world culture that has evolved from a transplanted old-world population (or populations).

Carnival here began in the late 1700s with the pre-Lenten celebrations of French Catholic plantation owners, who wore ball gowns and masks while visiting back and forth between their mansions. In 1838, Trinidad's slaves were freed, and they began to make the festivities their own—mocking the fancy costumes of their former owners with outfits crafted from feathers, paint, mud, and hand-sewn gunny sacks, which they wore

TRINIDAD



Fishing boats near Waterloo, south of Port of Spain, above. Below left, buss-up-shut, accompanied by a bowl of goat curry. Below right, dancers wind down late on Carnival Tuesday next to a food stand. Top right, goat curry.

while dancing to the beat of goatskin drums, chanting scornful commentaries about the rich and slyly flattering ones about themselves. Eventually, that chanting fed the rise of calypso, Trinidad's main musical form and a defining sound of Carnival.

JIM AND I ARRIVED a few days before Carnival Sunday. The city was already buzzing; preparations of songs and costumes had been going on all year, and by now things were frenzied, with “mas camps” (masquerade, or costume, workshops) feverishly stitching and musicians rehearsing. Carnival, we quickly realized, was not just a parade but an almost bewildering array of concerts, fêtes (open-air parties), feasts, and calypso duels.

Below our hotel's balcony lay the open park called Queen's Park Savannah, center of much of the Carnival activity. Huge temporary amphitheaters for Tuesday's costume competition were already in place, along with rows of food stands selling snacks like roti (soft flatbreads wrapped around various curries), doubles (chickpea curry and chutney layered between two fluffy fried flatbreads), and pelau. Taking a cab downtown, we saw people in a rush of costume buying; in one shop, customers plucked through barrels of brilliant feathers and beads. Next to a



TRINIDAD

downtown park, two kids—a girl of about 11 and a boy of eight, competing in the children's division of a calypso contest—belted out caustic lyrics to an enthusiastic crowd. The girl sang of corruption: "How do you discipline someone to fulfill her contract if she's a friend of a friend of a friend?" Her competitor chastised the trumpet players of his 20-person band: "You too slow, man. Pick it up!" They obeyed. Nearby, a lovely old lady sat behind her food stand, wreathed in an appetizing smell of coconut cakes and currant rolls. Just in front of her stand, a pickup truck offered ice-cold fresh coconuts, their tops cut off so that their liquid centers could be sipped. A practicing steel band sent silvery notes up into the trees, where the wind rustled the leaves. We shivered with anticipation.

And we got a head start on eating. People here are ardent consumers of fast food, most of it delicious and completely Trinidadian, and food stands are set up every few feet throughout the giant sprawl of Port of Spain and surrounding towns. We ate doubles at a stand named Hot on Spot, in a neighborhood with small wooden houses that were perched on stilts to catch the cooling breezes. We also had aloo pies (deep-fried pastries stuffed with potato), baigani (deep-fried eggplant slices), and sahina (a fritter made with dasheen, the dark green leaves of the taro plant, and split peas), served with mango kucheela

Carnival is
not just a
parade but also
an almost
bewildering
array of
concerts,
parties, and
calypso duels



RECIPE

Goat Curry

SERVES 4

Cherrita Ramsaran serves this dish with freshly made buss-up-shut (see recipe, facing page), an edible utensil used for scooping up the curry.

- 3½ lbs. boneless, trimmed goat stew meat (preferably shoulder or leg), cut into 1½" chunks
- 1 cup turbinado sugar
- ½ cup chadon beni sauce (see recipe, page 76)
- 2 tbsp. anchur masala (see page 88)
- ½ tbsp. sweet paprika
- 1 tsp. freshly ground black pepper
- Salt
- ¼ cup canola oil
- 2 large yellow onions, peeled and thinly sliced
- 1 spring onion or large bulbous scallion, trimmed and chopped
- 4 cloves garlic, peeled and minced
- 2 tbsp. curry powder
- 1 scotch bonnet or habanero chile, stemmed and finely chopped

1. Put meat and sugar into a medium mixing bowl and toss to combine. Cover with plastic wrap and set aside to let rest for 15 minutes. Transfer meat to a large colander, rinse off sugar, then drain well. Return meat to clean bowl, add chadon beni sauce, anchur masala, paprika, pepper, and salt to taste, and toss to combine well. Cover with plastic wrap and refrigerate for 1 hour.

2. Heat oil in a heavy medium pot with a tight-fitting lid over medium heat. Add yellow and spring onions or scallions and garlic and cook, stirring often, until soft, about 15 minutes. Add curry powder and 1 cup water and cook, stirring occasionally, until mixture has thickened to a paste, about 10 minutes. Add the meat and chiles and stir to coat well. Cover pot and cook until meat is almost tender, about 1¼ hours. Uncover pot and simmer until meat is tender and most of the liquid has been absorbed, about 40 minutes more. Season to taste with salt and serve hot with buss-up-shut, if you like.



TRINIDAD

(green mango pickle), crushed garlic, hot congo chiles, and a sauce of the cilantro-like herb called chadon beni.

In Waterloo, a fishing village half an hour south of Port of Spain, we had beer and geera pork (cumin-spiced pork stew) at Jerry's Junction, along with a lesson in the pleasant art of liming, as the Trinidadians call hanging out. On the patio, against a backdrop of sugarcane fields and misty blue mountains, four men sat playing cards. One instantly brought us chairs and parked them with a

METHOD

Chadon Beni Sauce

(Culantro Sauce)

The primary ingredient in this sauce is chadon beni, also known as shadow bennie (in the United States, it is most often called by its Spanish name, culantro). See IN THE SAVEUR KITCHEN, page 86, for more information on this herb. Ramsaran uses bird chiles for this sauce, which can be hard to find in the U.S.; scotch bonnet or habanero chiles work well, too. Use the sauce to make chicken pelau (see recipe, page 78) or goat curry (see recipe, page 75). Put 3 packed cups of chopped culantro (see page 88), 5 coarsely chopped, trimmed spring onions or large bulbous scallions, 1 stemmed scotch bonnet or habanero chile, and 2 cloves peeled garlic into a food processor. Pulse, scraping down sides of bowl, until a rough paste forms, about 30 seconds. Transfer the sauce to a small bowl, season to taste with salt, and store in the refrigerator. Makes 2 cups.



Chadon beni sauce (bottom) and bird chiles, left. Above, the Breakfast Shed. Top, both pages, calypso musicians. Far right, a steel pan band.





party music Hundreds of years ago, when villagers in rural Africa gathered together for festivities, they dished out boasts, roasts, and verbal history through ritual chanting accompanied by drumming. The chanting and drumming were brought to Trinidad and Tobago by West African slaves and became the building blocks for the wonderfully witty, syncopated music known as calypso.

When I was growing up at the other end of the Caribbean, in the Bahamas, calypso was a driving force in the entire region's culture. Each week we waited for the new releases to be played on our local radio station, just as they were by stations across the islands. Through the staccato of static, we strained to hear the lyrics, full of sly political commentary, moral advice, and vainglory. As we sang along to songs about the Duchess of Windsor or a man with eight babies or the superior benefits of marrying an ugly woman, our hips swung, our fingers snapped, and we laughed out loud. The Mighty Sparrow of Trinidad became one of our heroes. The steel drum music of Port of Spain, invented there and called steel pan, rang out in our dreams.

All through the first six decades of the 20th century, calypso reigned loud and clear from Trinidad to Abaco. In the 1970s, with the surging popularity of television and reggae, calypso seemed in danger of dying out. Then American soul arrived, and many musicologists feel that its driving rhythms and poetic phrasing blew life back into calypso, creating soca—which is now the music of choice at Carnival; it's

what the mas bands (costumed dance bands) march to as they surge through the streets. The songs are played so often and so loudly that by the end of Carnival your hips and your heart are twitching with their rhythms.

East Indian Trinidadians have their own form of soca, called chutney soca, which has all the syncopation of regular soca but with a higher-pitched, more nasal form of singing and the addition of the *dholak*, an East Indian drum.

One other musical form, the Latin-flavored, uptempo parang—my favorite—also arose from the blending of cultures on Trinidad. The Spanish (either colonists, who occupied the island from 1498 to 1797, or migrants from Spanish-ruled Venezuela) brought their guitars, mandolins, and maracas to the island, as well as the tradition of the *parranda* (street serenading). It came to be called parang in Trinidad and incorporated African-style call-and-response singing to create a uniquely Trinidadian form, sung mainly around Christmastime. The most recent twist: soca parang, which makes holidays on the island even livelier. —L.B.

flourish. Another handed us golden Carib beers, the bottles dripping with condensation. There was Sparrow, in his tentlike T-shirt, spooning up cups of his geera pork from a bright yellow bucket. There was Ram, the tall and bespectacled bartender, who showed up at our hotel two days later with a gallon of homemade hot sauce—and who still calls us from Trinidad, greeting me on the phone with an irresistible “Hello baby! It’s RAM!” We stayed at Jerry’s Junction for an hour or so, swapping jokes about goofing off.

“We just know each other, that’s good so!”

“All the limers are right here.”

“I call off all work at Carnival time!”

ON CARNIVAL SUNDAY we went to the suburban home of Cherrita Ramsaran and Mark Lutchman, a “West Indian East Indian family”, as they described themselves, while they put together a Carnival feast of roti and four curries, plus condiments. Ramsaran and Lutchman—she a doctor, he a mechanical engineer—cooked all day, making goat, chicken, pumpkin, and chickpea-potato



LEFT: GREG JOHNSTON

RECIPE

Chicken Pelau

SERVES 6-8

This recipe is an adaptation of one from Venice Thomas, a former crab-and-dumplin' cook at the Breakfast Shed.

1³/₄ cups dried brown or green pigeon peas (see page 88)
Salt

2 cups long-grain brown rice, rinsed

1 (3-4 lbs.) whole chicken, skinned, fat trimmed, deboned,
meat cut into 1¹/₂" pieces

3 tbsp. light brown sugar

2 tbsp. chadon beni sauce (see recipe, page 76)

1 tbsp. ketchup

Salt and freshly ground black pepper

3 tbsp. vegetable oil

1 yellow onion, peeled and finely chopped

2 cloves garlic, peeled and finely chopped

2 cups chicken stock

1 cup coconut milk

1 large carrot, peeled, trimmed, and grated on the large
holes of a box grater

1 scotch bonnet or habanero chile, stemmed and
finely chopped

1. Pick through peas, rinse, and put into a medium pot. Cover with water and bring to a boil over high heat. Reduce heat to medium-high and boil peas until they are tender and have begun to burst, about 1¹/₂ hours. Drain.

2. Bring a large pot of salted water to a boil over high heat. Add rice and parboil for 5 minutes, then drain. Transfer rice to a bowl.

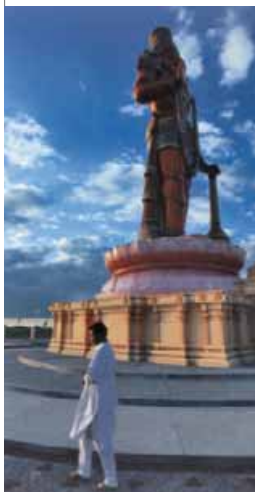
3. Put chicken, brown sugar, chadon beni sauce, ketchup, and salt and pepper to taste into a medium bowl and stir well to coat. Heat oil in a medium pot over medium heat. Add chicken mixture and cook, stirring, until liquid is absorbed and chicken is well browned, about 15 minutes. (The sugars will begin to burn on the bottom of the pot; scrape bottom of pot often and stir the scrapings into the chicken.)

4. Add rice, onions, and garlic and cook, stirring, until onions are just softened, about 5 minutes. Stir in peas, stock, coconut milk, carrots, and chiles. Reduce heat to medium-low, cover pot, and cook, stirring occasionally to keep rice at the bottom of the pot from burning, until liquid is absorbed and rice is almost done, about 40 minutes. Remove pot from heat and set aside, covered, to let rest for 15 minutes to finish rice. Adjust seasonings, fluff rice, and serve hot.

curries as well as callaloo (taro leaf cooked with coconut milk and garlic) and kucheela (green mango pickle). The roti was a flaky mango, cut into large shreds and called buss-up-shut because it resembles a frayed shirt. It is meant for dipping, not for wrapping.

Meanwhile, the rest of the family lounged in the living room. Two children napped in front of the TV. A cousin spreads his limbs on the couch. Other cousins drifted in

TRINIDAD



We dipped our
buss-up-shut
into the curries
before us, and
the flavors were
tantalizing—
like the salt in
the air from the
unseen ocean



and out, taking the baby to his mother for a hug whenever she called out, as sweetly as a dove, "Where my boy?"

Ramsaran explained that she and her husband approach family recipes differently from the way her parents or grandparents did. "We use the blender to grind herbs and the microwave to thaw chicken. And we buy our spices already ground." Even so, the food takes hours to prepare—and I understand why Trinidadians are so fond of roadside stands; few people have that kind of time to spend in the kitchen.

Toward sunset, we sat down to eat, dipping our buss-up-shut into the curries, each seasoned with turmeric, chadon beni, chile, garlic, and cumin in varying combinations and amounts. The flavors were as tantalizing as the salt in the air from the unseen ocean.

Back in the city center, after a quick dinner and a nap, we dived into the post-midnight bacchanal of J'Ouvert, a sea of tens of thousands of dancers wearing little but colored mud or paint. Any bystander who looked too clean—that included Jim—ended up being slathered with color from exuberant dancers who body-painted with lavish hugs. Everyone in the crowd did the bump and grind with abandon. Every so often, partners would break apart with a wild cry of "Jump up!" only to spin around and



TRINIDAD

find another partner. The music from the gigantic truck-borne amplifiers throbbed through us. "If your heart's not pounding, you're dead," said Jim. Sometimes we were drawn into the dancing by welcoming strangers. Mostly we walked and watched. At dawn, we stopped to buy tiny oranges with their bitter skins peeled back. "Just suck it in," said the woman who sold them, smiling. "Just so."

Hours later, splashed with mud and paint, we limped back to the hotel for sleep. Around lunchtime, seeking fortification for another long night, we stopped at the Breakfast Shed, a place near the parade route. The cooks at the Shed sported kerchiefs that were as bright as the yellow walls and scarlet trusses of the building, and most wore dazzling smiles as they worked—except for China, the wide, stern boss, who swept through the aisles of the place like a battleship scattering tugboats. We feared she was responsible for the rules prominently posted at one end of the shed: NO FIGHTING. NO LOUD LAUGHTER. NO VULGAR BEHAVIOR. NO SINGING OR TALKING OVER FOOD.

Despite the rules, there was plenty of laughing and singing and talking going on, behind the stoves and at the tables. Huge aluminum pots bubbled with stew. Pans sizzled with garlic and onions. We ate succulent curried crab with dumplings, callaloo, and pelau, the food most associated



Left, chicken pelau. Above, clockwise from top left: pigeon peas, a key ingredient in pelau; a costumed celebrant, with wheels on the side to help hold up the outfit; cooks at the Breakfast Shed; Hindu prayer flags at Waterloo, with a Hindu temple in the background. Facing page, top, the Hanuman statue at Waterloo (Hanuman is the monkey god of the Ramayana, a Hindu sacred epic); bottom, suburban houses in Port of Spain.

with Carnival, served with kucheela and tamarind anchar, a sour but fiery tamarind pickle. Pelau has a distinctly African origin; the meat in the dish is first fried in oil and sugar, an African technique, and combined with pigeon peas (originally from Africa) and rice. Although we had pelau many times during Carnival, the version at the Shed was our favorite: rich, earthy, and redolent of burnt caramel.

ON TUESDAY, the last day of Carnival, costumed dancers were out in force at the main parade. Huge, intricately designed peacocks and butterflies and devils paraded one by one in front of the judges, spinning and swirling, setting their brilliant costumes aflutter. Beads and lights flashed; smoke from dry ice puffed out around feet. A 35-foot dragon belched fireworks as it sashayed across the platform. One exquisite young woman, who had been voted Queen of Carnival on Sunday, sprouted wings of bewildering beauty—a gigantic spangled moth.

The bands of dancers were the biggest and loudest yet. Some were thousands strong, dressed in matching

costumes. There were throngs of pirates and herds of cowgirls and battalions of devils and flocks of centurions—everything under the sun, marching the ten-mile route through the downtown streets from morning till night. Every few steps, people would jump up for joy, kicking their legs and arms high, shining spangles flying like beads of sweat.

Food was everywhere: jerk chicken, bake-and-shark (deep-fried fish and fried bread), pelau, roti, salt fish. We stopped for shandies—ginger beer mixed with beer—to wash down some jerk chicken so hot and sour and peppery with thyme, green onions, and allspice that it had seared my sunburned lips.

By the end of the day, with Lent just a few hours away, Carnival began to wind down. One man slouched



sideways on a steel-band truck, snoozing through the drumming resounding inches from his head. Dancers slumped against one another. We headed home and didn't even go out for dinner.

The day after Carnival, we limed, along with everyone else. We bought a small bottle of rum, some locally grown peanuts, a six-pack of Coke, some Apple Js (a refreshing Trinidadian apple soda), and a few ripe mangoes and took it all to Blanchisseuse beach, where we swam in a clear green bay. After two rum-and-Cokes, we slept in the shade of a palm, happily sandwiched between two somnolent families. "Everyone be liming," said the patriarch of one family, smiling. There were still traces of glitter across his broad chest. 

THE PANTRY, page 88: *Where to find culantro, garam masala, anchar masala, and dried pigeon peas.*

THE GUIDE

TRINIDAD

COUNTRY CODE: 868 EXCHANGE RATE: TT\$6.30 = \$1

Dinner with drinks, tax, and tip:

EXPENSIVE Over \$50 MODERATE \$25–\$50 INEXPENSIVE Under \$25

NONSTOP FLIGHTS TO Port of Spain, Trinidad, are available from Houston (on Continental Airlines), from Miami (on American and BWIA), and from New York City and Washington, D.C. (on BWIA). If you're visiting Trinidad for Carnival, be sure to book hotels and flights early, as both sell out quickly at that time of year.

WHERE TO STAY

COBLENTZ INN 44 Coblentz Avenue, Cascade, Port of Spain (621-0541; www.coblentzinn.com). Rates: \$155 double (\$380 during Carnival). This centrally located, intimate 16-room hotel has wildly colorful furnishings and friendly people behind the desk. Its restaurant, Battimamzelle (*expensive*), is one of our top choices in Trinidad; here chef Khalid Mohammed uses a fabulous array of local ingredients to create such dishes as barbecued kingfish with guava glaze and tamarind glazed pork chops with plantains.

HILTON TRINIDAD & CONFERENCE CENTER Lady Young Road, Port of Spain (624-3211; www.hiltoncaribbean.com). Rates: \$180 double (\$310 during Carnival). This 270-room hotel, the most luxurious in the city, is a center of Trinidad's business and social life, drawing oil executives and groups of gaily chatting locals dressed to the nines. It overlooks the Queen's Park Savannah, where much of the Carnival action takes place.

WHERE TO EAT

THE BREAKFAST SHED Wrightson Road, Brian Lara Promenade, Port of Spain. Breakfast/lunch/dinner: *inexpensive*. The Shed is being rebuilt as part of a multiple-occupancy building on

the city's oceanfront. When it reopens (most likely late this year), it will again be serving tasty pelau (spicy chicken, rice, and pigeon peas), callaloo (braised taro greens), and coocoo (cornmeal mush, a foil for more-pungent dishes).

HOT ON SPOT *Munroe Road, Cunupia. Inexpensive.* This food stand encapsulates much of what is wonderful about Trinidadian fast food, specializing in doubles—fluffy double-decker flatbreads enclosing chickpea curry (make sure you add chadon beni sauce and mango kucheela).

NATALIE'S BAKE & SHARK (North Shore beach, at Maracas Bay). *Inexpensive.* Bake are fried breads and shark is spicy battered fried fish—yes, often shark, but also other firm-fleshed white fish. It's a popular beach snack in Trinidad, and Natalie's, beneath a cluster of palm trees, was our favorite shack.

VENI MANGÉ 67 A Ariapita Avenue, Woodbrook, Port of Spain (868/624-4597). Lunch/dinner: *moderate*. This little restaurant looks like a Conch Key West house, with white louvered shutters, painted blue-green floors, multicolored chairs, and bright orange bird-of-paradise. The foods are as tropical as the décor: stewed pork in coconut sauce and grilled chicken with tomato, mango, and tamarind.

WHAT TO DO

For information about Trinidad's Carnival in 2007, to be held on February 27 and 28, call Trinidad and Tobago's Tourism Development Company, 868/675-7034. Parade schedules and other details are also available on the Internet at www.ncctt.org.

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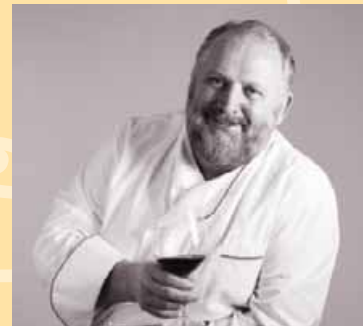
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IN THE SAVEUR

KITCHEN

Techniques and Discoveries from Our Editors and Recipe Testers

Colcannon for Breakfast



I COULD never remember the difference between colcannon and champ—Ireland's two heraldic specialties of mashed potatoes with stuff mixed in—until I watched Mary Ward sweep through her garden in Nenagh with shears in hand, snipping off shoots of kale. They were for her colcannon (see page 38)—which, as it happens, almost always involves something cabbagey, while champ (see page 49) is made with scallions or leeks but usually not cabbage or kale. Both are also full of butter and milk, and both make good leftovers. Ward's colcannon is particularly suited to the next-morning potato-cake treatment—good reason not to be too piggy at dinnertime. —*Colman Andrews*

METHOD

Colcannon Cakes

This recipe from Peter Ward makes excellent use of Mary Ward's left-over colcannon (see recipe, page 38). Put 1 cup colcannon, $\frac{1}{3}$ cup flour, and salt and freshly ground black pepper to taste into a medium bowl and stir to combine. Shape mixture into 3 equal patties, each about $\frac{3}{4}$ " thick. Heat a heavy medium skillet over medium heat, add 2 tbsp. butter, and melt until foaming. Fry cakes in butter, pressing cakes lightly with a spatula, until golden brown, 3–4 minutes per side. Makes 3 potato cakes.

KITCHEN

A Lesson in Practical Baking

WHEN JEFF WARD went off to study commerce at University College Dublin, he missed something about home right away: good bread. “I can’t eat the parbaked rolls they serve here,” he told his parents, Peter and Mary Ward, who run Country Choice, a

market and café in the Tipperary agricultural town of Nenagh (see page 38). “I’ll starve.” Peter suggested that he bake his own bread. But Jeff had no experience and few utensils in his student-housing kitchen. “I knew that every Irish student has a pint glass, which he’s

brought home from a pub,” says Peter, “so I invented a recipe for the simplest bread in the world, one whose ingredients he could measure out with a pint glass. And I told him he could mix it in the wash basin if he didn’t have a bowl. He didn’t starve after all.” —C.A.

RECIPE

Pint-Glass Bread

MAKES ONE 7½" ROUND LOAF

If you use a pint glass to measure the ingredients, note that the vessel in question is a 20-ounce imperial pint glass.

1 pint glass (2½ cups) all-purpose flour
1 pint glass (2½ cups) stone-ground whole wheat flour
Enough baking soda to coat the bottom of a pint glass (¾ tsp.)
Enough salt to coat the bottom of a pint glass (¾ tsp.)
Enough butter to coat the bottom of a pint glass (1 tbsp.)
¾ pint glass (1¾ cups) buttermilk

1. Preheat the oven to 375°. Sprinkle 1 tsp. of the all-purpose flour over the center of a baking sheet and set aside. Put 2 tsp. of the all-purpose flour into a small bowl and set aside. Meanwhile, put remaining all-purpose flour, whole wheat flour, baking soda, and salt into a large bowl and mix well with your hands to combine. Add butter, breaking it up into small pieces with your fingers, and mix it into flour mixture until combined. Make a well in the center of the flour-butter mixture and add buttermilk. Slowly incorporate buttermilk into flour mixture with your hands until a rough ball forms, then turn out onto a lightly floured surface and form into a neat ball (without kneading).

2. Transfer dough to center of baking sheet and press gently to form a 7½"-wide round. Using a sharp knife, slash a cross ½" deep across the entire top of the loaf and dust top of loaf with the reserved flour. Bake until bread is light golden and a tap on the bottom of the loaf sounds hollow, about 70 minutes. Wrap bread in a clean kitchen towel, prop against a windowsill, and allow to cool for about 2 hours. Slice and serve at room temperature or toasted, with a slathering of Irish butter, if you like.



CHRISTOPHER HIRSHEIMER



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KITCHEN

RECIPE

Mango Kucheela

(Shredded Mango Pickle)

MAKES 3½ CUPS

In Trinidad, green mango destined for kucheela is dried outside in the sun. Powerful congo peppers are used for heat in Trinidad, but we've substituted more readily available scotch bonnet or habanero chiles in this recipe, based on one in *Caribbean East Indian Recipes* (Chakra Publishing House, 1992). See THE PANTRY, page 88, for a source for hard-to-find ingredients.

8 green mangoes (about 7 lbs.)
2 large heads of garlic, cloves peeled
2 scotch bonnet or habanero chiles, stemmed
3 tbs. white distilled vinegar
¾ cup canola or vegetable oil
6 tbs. anchur masala
2 tbs. ground cumin
4 tsp. mustard oil
2 tsp. light brown sugar
Salt

1. Preheat oven to 250°. Peel mangoes and grate on the large holes of a box grater, discarding the pits. Working in batches, wrap the grated mango in a clean kitchen towel and squeeze the liquid out. Transfer squeezed mango to 2 parchment paper-lined sheet trays, spreading it out in a single layer. Bake, stirring the mango every half hour and breaking up any clumps as they form, until mango is dried out, about 3½ hours. Transfer to a large mixing bowl.

2. Put garlic, chiles, and vinegar into a food processor and pulse until finely chopped, about 30 seconds, then add to bowl of mangoes. Heat canola or vegetable oil in a small pot over medium heat until hot, about 5 minutes, and add to bowl. Add anchur masala, cumin, mustard oil, sugar, and salt to taste and stir well to combine. Use immediately or let cool, then transfer to a clean jar with a tight-fitting lid and store in the refrigerator.

Caribbean Heat

I HAVE LONG BEEN A FAN of green mango achar, a ubiquitous pickle of India. But when I recently encountered the Trinidadian version, mango kucheela (a name thought to be based on the Indo-Trinidadian word for mash), I was blown away. Like achar, kucheela (below) is fiery and salty-sweet; however, because the latter is made with finely shredded and dried green mango instead of fresh chunks of the fruit, it has a distinctive texture and intensity that I've ended up preferring. Kucheela is as common in Trinidad as achar is in India; served with everything from soupy curries to pelau (see recipe, page 78), it's the island's Tabasco. —James Oseland



HERBS APART

CULANTRO, above (see page 88), the main ingredient in chadon beni sauce (see recipe, page 76), is often confused with its more familiar cousin, cilantro, and one whiff immediately reveals why. Both herbs have the same pungent, bright green, love-it-or-hate-it aroma (the taxonomist who christened culantro with its Latin name, *Eryngium foetidum*, was clearly in the hate-it camp). The flavor of culantro, though, is stronger and “greener” than that of its cousin and has a slightly bitter edge. And there's no confusing culantro's long, saw-toothed leaves with cilantro's soft, feathery ones.

Although culantro is indigenous to the West Indies (cilantro is native to the Mediterranean region), it is used all over the world. The Thais call it pak chi farang (foreign cilantro) and add it to various salads. In Vietnam, where culantro is known as ngo gai, it's one of the standard herbs that garnish pho and other soups. Puerto Ricans call it recaio and include it in classic seasoning mixes that feature peppers, garlic, and onions. And in Guyana culantro is used to treat convulsions, which has earned it the moniker “fit-weed”. —Sarah Breckenridge

LEFT: CHRISTOPHER HIRSHEIMER; RIGHT: ANDRÉ BARANOWSKI

In the Saveur Library



CALLALOO, CALYPSO, & CARNIVAL by Dave DeWitt and Mary Jane Wilan (The Crossing Press, 1993). Its combination of geography lessons, calypso history, instructions in the art of “liming” (being laid-back), and authentic recipes makes this book as captivating as it is colorful.

MYRTLE ALLEN'S COOKING AT BALLYMA-LOE HOUSE by Myrtle Allen (Stewart, Tabori & Chang, 2000). In this book, first published in 1990, Allen, a devoted teacher and revered chef, treats her prose-style recipes with the loyalty to tradition that is so treasured in her native Ireland.

KITCHEN

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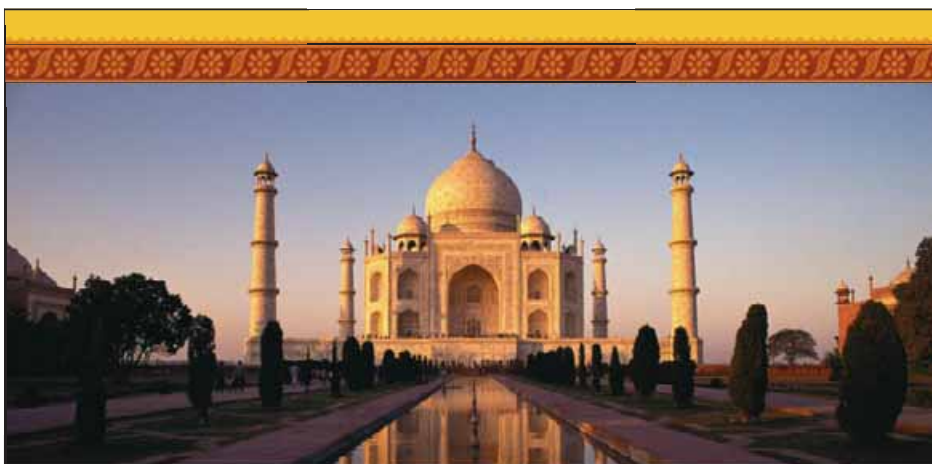
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A Guide to Resources

*In producing the stories for this issue,
we discovered food products and
kitchenware too good to keep to ourselves.*

*Many of our sources have catalogs;
shipping costs are usually additional.
Please feel free to raid our pantry!*

BY LIZ PEARSON

Fare

To try **red velvet cake**, visit Cake Man Raven Confectionery, 708 A Fulton Street, Brooklyn, New York (718/694-2253). For the **wine** in One Good Bottle, contact Louis M. Martini Winery (800/321-9463). For a description of **Clementine Paddleford's** papers, visit Kansas State University's website (<http://www.lib.ksu.edu/depts/spec/findaids/pc1988-19.html>) or call K.S.U.'s special-collections librarians (785/532-7456). **Vincent Schiavelli's** books are readily available through bookstores: *Bruculinu, America: Remembrances of Sicilian-American Brooklyn, Told in Stories and Recipes* (Houghton Mifflin, 1998); *Papa Andrea's Sicilian Table: Recipes and Remembrances of My Grandfather* (Citadel Press, 2001); and *Many Beautiful Things: Stories and Recipes from Polizzi Generosa* (Simon & Schuster, 2002). Kalustyan's (800/352-3451; www.kalustyans.com) sells **urfa chile flakes** (\$3.99 for a 2-ounce package) for garnishing the mantı; if you are in Turkey and visit central Anatolia, don't miss the **mantı** at Kaşık'la, Anbar mahallesi, 4 Zafer caddesi, Kayseri (90/352/326-3075). D'Artagnan (800/327-8246; www.dartagnan.com) has **duck fat** (\$6.25 for a 7-ounce tub) and **ventrèche** (\$10.75 for a ¾-pound package) for making the chicken, potato, and artichoke cake.

List

For the artisanal American **chocolates**, call the producers directly: 800/845-1554 for Candinas,

413/637-9820 for Chocolate Springs, 800/747-4808 for John & Kira's, 866/925-8800 for MarieBelle, 239/561-7215 for Norman Love Confections, 415/255-1443 for Poco Dolce, 800/500-3396 for Recchiuti, 631/331-4208 for Sans Souci, 888/706-1408 for Valerie Confections, and 800/966-3468 for Woodhouse.

Kitchenwise

The Binnses' Hudson Valley kitchen is furnished with the following: Kitchen-Aid refrigerator, dishwasher, ovens, and ventilator (800/422-1230; www.kitchenaid.com); Viking cooktop (888/845-4641; www.vikingrange.com); Kraft-Maid cabinets and island base (888/562-7744; www.kraftmaid.com); Functional Sculpture countertop tiles (518/943-9313); Kohler sink (800/456-4537; www.kohler.com); Moen faucet (800/289-6636; www.moen.com); island lighting from Juno Lighting Group (847/827-9880; www.junolighting.com); and M. Warner Masonry Inc. fireplace (518/231-0449).

Cellar

For the **wines** in our tasting notes, contact Chaddsford Winery (610/388-6221) for the Merican and pinot noir; Chamard Vineyards (860/664-0299) for the chardonnay, cabernet franc, and merlot; Sakonnet Vineyards (800/919-4637) for the champagne, vidal blanc, and Winterwine; Unionville Vineyards (908/788-0400) for the Hunter's Red Reserve Meritage; and Westport Rivers Winery (508/636-3423) for the chardonnay and Brut Cuvée RJR. Contact Crossing Vineyards (215/493-6500) for recent vintages, as the 2003 riesling is sold out.

Ireland

Call DiBruno Brothers (888/322-4337; www.dibruno.com) for pricing and availability on **Irish cheeses**, including Gubbeen, Milleens, and Durrus. International Meat Markets Inc. (718/482-6704) sells **lamb's liver** (\$7.00 per pound) for the lamb's liver with whiskey and cream. **Cooleeney** cheese (\$19.50 for three 4-inch wheels) is available at Artisanal Premium Cheese (877/797-1200; www.artisanalcheese.com) for making the fried Cooleeney cheese with beet salad. To make nettle soup, contact More Than Gourmet (800/860-9385; www.morethangourmet.com) for **glace de canard** (\$6.50 for a 1.5-ounce package). **Coolea** cheese (\$27.99 per pound) for the spinach, red onion, and Coolea cheese tartlets is available at DiBruno Brothers (see above). Order **carrageen moss** (\$19.00 for a 28-gram package) through www.irlonline.com/carrageen for the carrageen lemon pots. British American Imports (888/480-8276; www.britshoppe.com) sells **black treacle** (\$4.99 for a 454-gram can) for Doris Grant's brown bread. Shredded **dulse** (\$4.20 for a 1-ounce package) for making the mussel and oyster hot pot is sold by Mendocino Sea Vegetable Company (707/895-2996; www.seaweed.net). Contact Formaggio Kitchen (888/212-3224; www.formaggiokitchen.com) for **Desmond** cheese for the same recipe (price upon request). Order an aerosol **cream whipper** (\$59.99) from N.Y. Cake & Baking Distributor (800/942-2539; www.nycake.com) and **Crozier Blue** cheese (\$17.99 per half pound) from DiBruno Brothers (see above) for the cauliflower soup with potato emulsion and Crozier Blue cheese. Contact N.Y. Cake & Baking Distributor (see above) for **glucose syrup** (\$5.99 for a 12-ounce tub) for making the rhubarb financiers.

Trinidad

Kalustyan's (800/352-3451; www.kalustyans.com) sells **garam masala** (\$3.99 for a 4-ounce package) for the curried pork, **amchar (anchar) masala** (\$3.99 for a 4-ounce package) for the goat curry, and dried **pigeon peas** (\$1.99 for a 1-pound bag) for chicken pelau. For the chadon beni sauce, see listing below for **culantro**.

Kitchen

Order **culantro** (prices and availability vary seasonally) from Melissa's World Variety Produce (800/588-0151; www.melissas.com), which also sells **green mangoes** (contact the company for prices) for the shredded mango pickle. Kalustyan's (800/352-3451; www.kalustyans.com) sells **amchar (anchar) masala** (\$3.99 for a 4-ounce package) and **mustard oil** (\$4.99 for a 5-ounce bottle) for the same recipe.

Correction

In our December 2005 issue, the amount of milk used in the topping for the custard strudel on page 89 should be 1½ cups, not 2 cups.

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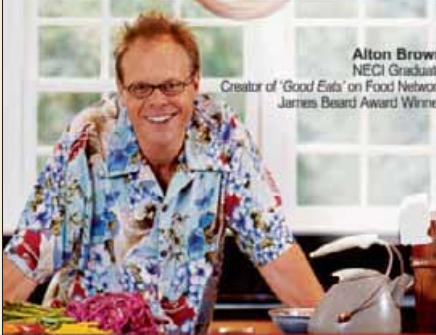
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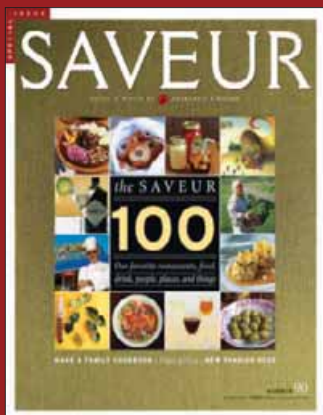
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M O M E N T



TIME 1:30 P.M., March 30, 1965

PLACE Columbia, South Carolina

Snacks before beauty: two women enjoy peanut butter sandwiches while waiting under the dryers.

PHOTOGRAPH BY CONSTANTINE MANOS / MAGNUM

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